

# CNS 562G – Suicide Prevention Seminar

One Hour Elective Credit

## Western Seminary, Fall, 2008

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Professor of Counseling

### Ways to Communicate:

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Appointments scheduled by Bethany at (503) 517-1856

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### Course Description:

This course will help the student to recognize and assess persons at risk for suicide, and will provide a model for effective suicide intervention. 1 hour elective credit

### Course Goals:

1. The student will be stimulated to identify personal attitudes toward suicidal individuals and to explore the impact of such attitudes on suicide intervention.
2. The student will be introduced to suicide risk assessment.
3. The student will be presented with a model for effective suicide intervention.
4. The student will experience suicide intervention role-plays utilizing the model presented.
5. The student will actively participate in role-plays, demonstrating acquired skills, and will receive group feedback.

### Course Objectives:

1. Attendance of all QPR-T workshop sessions.
2. Participation in class discussions and role-plays.
3. Completion of reading assignments.
4. Completion of reflection **paper due Friday, November 21, 2008.** Late penalty one grade per week.

### Texts and Major Readings:

\* Required reading

+Recommended reading

\*Blauner, S. R. (2002). *How I Stayed Alive When My Brain was Trying to Kill Me*. N.Y.: Harper Collins

\*Demy, T. J. & Stewart, G. P., Eds. (1998). *Suicide: A Christian Response*. Grand Rapids, MI: Kregel Pub

\*Quinnett, P. G. (2000). *Counseling Suicidal People*. Spokane, WA: The QPR Institute

+Quinnett, P. G. (1992). *Suicide: The Forever Decision*. Spokane, WA: Classic Publishing

(Available as a free download at [qprinstitute.com](http://qprinstitute.com))

### Course Requirements:

1. Attendance of the QPR-T workshop and class in its entirety is essential to receiving credit. **Please register only if you plan to attend the QPR-T workshop and class from start to finish.** (14 hours)
2. Reading for familiarity of the above-described text will provide additional information and resource material. (22 hours)
3. Reflection paper. (8 hours). A four page paper (one inch margins, double-spaced) shall be comprised of the following:
  - a. Cover Page including your name, mailing address, and campus box number
  - b. Page Two exploring how your personal attitudes and spiritual values about suicide may impact your intervention
  - c. Page Three describing your understanding of the steps involved in a suicide intervention. The summary should provide an overview of the most critical elements to a good intervention.
  - d. Page Four drawn from your reading in **each required text**, list the most salient points for a counselor engaging in a suicide intervention

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## **Attendance and Reading Report**

**By signing my name to this page, I am hereby affirming that I attended the QPR-T workshop, the Suicide Prevention Seminar class, and that I completed the required reading. Attached to this report is my Reflection Paper demonstrating a working knowledge of the required learning experiences and reading materials.**

**Signed** \_\_\_\_\_ **Dated** \_\_\_\_\_

**Comments regarding the workshop, class, or texts:**

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