

**CNS 557 – Emergency Preparedness:
Suicide Prevention and Crisis Intervention Part I
Western Seminary - Portland Campus, Fall, 2010**

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“Western Seminary is committed to responding to the needs of students with disabilities as outlined in both the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Western students are assisted individually as their needs dictate. It is the responsibility of students with disabilities to identify themselves and the nature of the disability. Any student who has a disability should contact the seminary’s Disability (Section 504) Coordinator, Ken Epp, at 503-517-1815/1-877-517-1800, ext. 1815. His office is at the Portland campus. Students at the northern California campuses may contact Carrie Priest (Student Services Coordinator – San José) or PJ Oswald (Director of Student Development – Sacramento), or they may contact Dr. Epp directly. Appropriate forms will be provided and must be submitted to the Disability Coordinator’s office.”

Course Description:

This course will overview the effects of suicide and crises on persons of all ages. Content will include the counselor’s role, individually and as part of an interdisciplinary team, and the recovery process surrounding loss and bereavement. 1 hour.

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 practice 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 be able to summarize critical steps in working with survivors of suicide.
6. The student will be introduced to the connection between violence and suicide.

Texts and Major Readings:

** Required 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

*M =McGlothlin, J. M. (2008). Developing Clinical Skills in Suicide Assessment, Prevention, and Treatment. Alexandria, VA: The American Counseling Association
ISBN: 978-1-55620-272-8 Price: \$84.38

*Q =Quinnett, P. G. (2009). Counseling Suicidal People: A Therapy of Hope. Spokane, WA: The QPR Institute ISBN 978-0-9705076-1-7 Price: \$24.95

Quinnett, P. G. (1992). Suicide: The Forever Decision. Spokane, WA: Classic Publishing
(Available as a free download at qprinstitute.com)

Note: Federal law now requires institutions to provide the ISBN numbers and retail prices for all required books. Western Seminary encourages students to visit our campus bookstore, Windows Booksellers, in order to obtain these titles at a reduced rate.

Week 1 Introduction & Attitudes

9/13/10 M – Ch. 3 pp. 25-32

Week 2 Epidemiology

9/27/10 Q - Ch. 3 pp. 59-86; Ch. 9-10 pp. 105-131

Week 3 QPR

10/11/10 M – Ch. 8 pp. 85-104

Week 4 Practice & Malpractice

10/25/10 Q - Ch. 4 pp. 87-107; M – Ch. 7 pp. 73-82

Week 5 Risk Assessment

11/08/10 Q - Ch. 2 pp. 37-56; M – Ch. 4-5 pp. 35-57; Ch. 11-12 pp. 133-154

Week 6 QPR-T

11/22/10 Q - Ch. 5 pp. 109-189; M – Ch. 2 pp. 15-23

Week 7 Documentation, Postvention, Reassessment, Resources

12/06/10 Q - Ch. 1 pp. 15-35; M – Ch. 16 pp. 189-198

Course Requirements:

1. Attendance. (4 points per class, 28 possible) Students who attend every class session will receive a certificate upon completion. (14 hours)
2. Reading for familiarity of the above-described texts will provide additional information and resource material. (11 hours) (1 point per required textbook chapter, 16 points possible)
3. Role-plays. (8 points per role-play, 16 possible) Students will be required to spend two hours outside of class on two separate occasions doing a role-play with a fellow student, practicing the skills designated in class. Forms will be provided to document your role-plays. (4 hours).
4. Reflection paper. (8 hours). The paper is due Monday, November 22, 2010. (40 points possible)
A five page paper (one inch margins, double-spaced) shall be comprised of the following:
 - a. Cover Page includes your name, mailing address, and campus box number
 - b. Page Two explores the potential impact of your personal attitudes and spiritual values on your suicide intervention
 - c. Page Three provides an overview of warning signs and risk assessment.
 - c. Page Four describes 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 Five drawn from your reading in **each required text**, list the most salient points for a counselor engaging in a suicide intervention

Grading:

100 – 99 = A+

98 - 95 = A

94 - 93 = A-

92 - 91 = B+

90 - 88 = B

87 - 86 = B-

85 - 84 = C+

83 - 81 = C

80 - 79 = C-

78 ≥ = Less than satisfactory

Late assignments will result in a 2-point per week reduction for each assignment.

CNS 557 Attendance and Reading Report

READINGS AND ASSIGNMENTS ARE DUE AT START OF CLASS ON DATE LISTED BELOW

Four points possible per class session attended.

One point possible per chapter read. Deduct one-half point for late or partially read.

Week 1 Introduction & Attitudes

_____ 9/13/10 _____ **M** – Ch. 3 pp. 25-32 (due by 9/20/10)

Week 2 Epidemiology

_____ 9/27/10 _____ **Q** - Ch. 3 pp. 59-86; _____ **M** - Ch. 9 pp. 105-118; _____ **M** - Ch 10 pp. 119-131

Week 3 QPR

_____ 10/11/10 _____ **M** – Ch. 8 pp. 85-104

Week 4 Practice & Malpractice **ROLE-PLAY #1 DUE**

_____ 10/25/10 _____ **Q** - Ch. 4 pp. 87-107; _____ **M** – Ch. 7 pp. 73-82

Week 5 Risk Assessment

_____ 11/08/10 _____ **Q** - Ch. 2 pp. 37-56; _____ **M** – Ch. 4 pp. 35-46; _____ **M** – Ch. 5 pp. 47-57;
_____ **M** - Ch. 11 pp. 133-141; _____ **M** - Ch 12 pp. 145-154

Week 6 QPR-T **REFLECTION PAPER DUE**

_____ 11/22/10 _____ **Q** - Ch. 5 pp. 109-189; _____ **M** – Ch. 2 pp. 15-23

Week 7 Documentation, Postvention, Reassessment, Resources **ROLE-PLAY #2 DUE**

_____ 12/06/10 _____ **Q** - Ch. 1 pp. 15-35; _____ **M** – Ch. 16 pp. 189-198

_____ **TOTAL ATTENDANCE POINTS EARNED (28 possible)**

_____ **TOTAL READING POINTS EARNED (16 possible)**

Signed: _____ **Dated** _____

Printed Name: _____