

# Preventing Suicide: The Solution-Focused Approach

— with John Henden (UK)

Sydney  
5 & 6 Aug 2010

Melbourne  
12 & 13 Aug 2010

All human services professionals need a framework for assessing and intervening with suicidal clients, to ensure that these opportunities for intervention are utilised for the maximum benefit of their at-risk clients.

UK-based Solution-Focused therapist and trainer, John Henden, has developed the specific application of the Solution-Focused approach for assessing and working with suicidal clients. This two-day workshop will introduce participants to the specialised solution focused tools and techniques of this model, focusing on the 10 key variables which have proven to dramatically reduce suicidality, and the incidence of suicide in the populations exposed to it.

Workshop content includes

- ❖ How does risk assessment fit with a Solution Focus?;
- ❖ Rapid rapport building and deep empathy using Solution-Focused tools;
- ❖ Solution-Focused questions once suicidal ideation has been established;
- ❖ Generating other possibilities to the 'last resort' option;
- ❖ The 10 keys steps that have been shown to prevent further suicide attempts;
- ❖ Ending a session positively and constructively.

There will be good opportunities, within the safety of the workshop, to practise the techniques, in pairs and threes. In addition, a wide range of useful handouts will be provided.

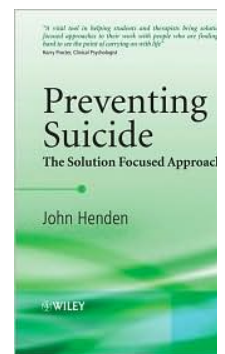
**A PROVEN and GROUND-BREAKING approach. John and his colleagues have been field-testing and refining the approach with a great many highly suicidal clients over the last 15 years. In that time, there has been just one reported case of completed suicide. Suicide rates in mental health services have reduced significantly.**

## John Henden –



background in psychology, qualified counsellor and member of the British Assoc of Counselling & Psychotherapy. For 20 years he worked in the

state mental health system in both clinical and management roles. John regularly presents on a range of Solution Focused topics in different international forums and has received particular acclaim for his work on Solution-Focused suicide prevention and intervention. John's recent book *Preventing Suicide: The Solution Focused Approach* published by Wiley in London, is currently on its third print run. John has an energetic and captivating presentation style, utilising multiple teaching mediums to ensure delegates leave equipped to immediately incorporate this ground breaking intervention model into their work with at-risk clients.



The workshop is suitable for those with no background in the Solution-Focused approach but will also challenge those with experience!

**Sydney venue:** Sydney Masonic Centre, in the city.

**Melbourne venue:** Centre Ivanhoe, Ivanhoe, 15 mins from city and with free parking.

**Cost:** \$440 (incl GST) — 2-day training, morning & afternoon tea and lunch, detailed handouts.

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email: [michael@briefsolutions.com.au](mailto:michael@briefsolutions.com.au)

Presented by the Brief Therapy Institute of Sydney

# Registration Form

## Preventing Suicide: The Solution-Focused Approach

BRIEF SOLUTIONS PTY LTD

ABN 35 114 825 517

**TAX INVOICE** (when completed)

I wish to register for the John Henden *Preventing Suicide* workshop:

Sydney, 5 & 6 August 2010 — \$440       Melbourne, 12 & 13 August 2010 — \$440

Firstname:	_____	Lastname:	_____
Position:	_____		
Organisation:	_____		
Address:	_____		
Suburb:	_____	State:	_____
		P/code:	_____
Phone:	(Hm/wk) _____	(Mob)	_____
Email:	_____		
Dietary requirements:	_____		

<input type="checkbox"/>	Cheque for \$ ..... enclosed (payable to "Brief Solutions Pty Ltd")
<input type="checkbox"/>	I have arranged/will arrange direct transfer of \$ ..... (Brief Solutions Pty Ltd BSB: 032272 A/c: 254334 )
<input type="checkbox"/>	Please charge my: <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard    the sum of \$ .....
Name on card:	_____
Card no:	____ ____ ____ ____     ____ ____ ____ ____     ____ ____ ____ ____     ____ ____ ____ ____
Expiry:	____ ____  / ____ ____     Signature: _____

**MAIL to:** PO Box 372, KURRAJONG NSW 2758    **or FAX to** (02) 9012 0198

Payment must accompany registration form. If your agency/employer is paying, payment must be received within one month of submitting registration form. Cancellations up to 14 days before the training receive a refund (less 10% admin fee). NO REFUND for cancellations less than 14 days prior to the training. CONFIRMATION WILL BE BY EMAIL.

All enquires to Michael Durrant michael@briefsolutions.com.au or phone (02) 9683 1222