



# THE WRIGHT INSTITUTE

EDUCATING CLINICIANS TO SOCIETY

**Continuing Education**  
**for Psychologists, LMFTs, LCSWs, LEPs, and LPCCs**

## **Applied Suicide Intervention Skills Training (ASIST)**

With Kristin L. Dempsey, EdD &  
Steven Tierney, EdD, LPCC

**2 Day Workshop**

**Saturday, April 4 and Sunday, April 5, 2020**

**9:00am – 5:30pm**

**(Registration 8:30am-9:00am)**

At the Wright Institute

Classrooms 1 & 4

1000 Dwight Way Berkeley, CA 94710

**To Register:** [www.wi.edu/continuing-education](http://www.wi.edu/continuing-education)

**Course Level:**  
*Introductory*



### **Fees:**

WI Faculty Free

WI Collaborative Volunteer Supervisors Free

WI Staff/Other Supervisors/Training Directors/Students \$50  
(Space Permitting)

**Alum:** \$275, **General:** \$425, **Non WI Students:** \$200

### **CE Credits:**

15 CE hours (must attend both days in full in order to receive CE credits). The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

### **Workshop Description:**

Applied Suicide Prevention Skills Training is an evidence-based approach actively intervene when an individual is having thoughts of suicide. Clinicians and community members worldwide have benefitted from using the ASIST Pathways to Assisting Life (PAL) model to help organize an effective and person centered approach to inquiring about and intervening to prevent suicidal behaviors. The course is delivered over two days and provides opportunities for participants to explore their own values and attitudes regarding suicide and to learn and practice interventions to actively address and prevent suicide.

The ASIST training provides a reliable and valid approach to assessing if an individual is suicidal and the lethality of such suicidal thoughts. The skills training additionally provided specific skills to inquire regarding suicidality, ways to have conversation about suicidality, and techniques to devise comprehensive intervention and follow plans for clients. Training also explores clinician values and attitudes that might impact their willingness to explore suicidality, and help practitioners be aware of how they enter conversations regarding suicide.

### **Instructors Bio:**

**Kristin L. Dempsey, Ed.D., LMFT, LPCC** has provided psychotherapy in the Bay Area for almost 25 years in public non-profits and county mental health settings, schools, and medical clinics. Her current psychotherapy practice is located in San Francisco and San Bruno. In addition to clinical work, Dr. Dempsey trains providers in a number of evidence based and promising practices. She is a member of the Motivational Interviewing Network of Trainers, and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), and dialectical behavior therapy (DBT). She is a master trainer for Applied Suicide Intervention Skills (ASIST), and has been trained in the Neurosequential Model of Therapeutics (NMT) to assess trauma impacts in youth and adults. Dr. Dempsey also provides additional programmatic consultation regarding behavioral health system redesign and implementation of evidence-based practices.

*Please contact us in advance if you require special accommodations on the day of the event.*



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**Steven Tierney, EdD, LPCC** is Clinical Director at Seeds of Awareness in Oakland and Professor Emeritus in Counseling Psychology at the California Institute of Integral Studies. Dr. Tierney is a psychotherapist (LPCC) in private practice in San Francisco, specializing in trauma-informed, mindfulness-based therapies. He holds an MA in Counseling from Wayne State University, an EdD from Northeastern University and post-graduate certificates in Child and Adolescent Therapy from Boston University and Mindfulness-based psychotherapy from The Institute for Meditation and Psychotherapy. He is a certified addiction specialist and has worked in community-based organization in Boston and San Francisco for four decades; creating and providing innovative mental health substance use prevention and treatment models for adolescents and adults. Dr. Tierney is an ordained Buddhist priest and is co-founder and CEO of the San Francisco Mindfulness Foundation.

#### **After completing this workshop, participants will be able to:**

1. Identify how to directly and specifically ask a person at risk about suicidal behavior.
2. Demonstrate ability to explore reasons for suicidal ideation.
3. Recognize “turning points” in conversations with suicidal individuals in which participants can shift conversation toward reasons to live.
4. Identify their own reactions to suicidal behavior and how their values and actions can impact responses to suicidal individuals.
5. Create a collaborative safety plan with individual having suicidal ideation.
6. Collect suicide prevention and intervention resources in their local community among workshop participants.

**Cancellation Policy:** The Wright Institute will refund the registration fee amount in full if a request is made in writing no later than 48 hours prior to the workshop date. Following 48 hours prior to the event, no refund will be made. Please send all requests to [julie@wi.edu](mailto:julie@wi.edu). In the event that The Wright Institute must cancel due to unknown circumstances, The Wright Institute will refund all registration fees in full.

**Commercial Support:** *The Wright Institute Continuing Education Program does not receive any commercial support for any of our programs.*

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