



NAVIGATE

Helping Families Navigate Suicide Risk

March 6, 2020

9:00am - 3:30pm

Registration at 8:30am

Cost: \$125

Lunch and Light Refreshments will be provided.

Register at <http://bit.ly/Navigate1Day>

Burhans Hall, Rm. 22 A
U of L, Shelby Campus
440 N. Whittington Pkwy
Louisville, KY 40222

**6 hours SW
& MFT* CEUs**

*pending Board approval

A 1-Day Focus on Family Involvement in Treatment

Whether working with youth or adults, we have all seen how family dynamics can either help or hinder suicidal feelings. Often, family members desperately want to help but do not know how. This training will give you the tools you need to address common challenges faced by suicidal individuals and their family members. You'll leave with a better understanding of suicide risk, what family members can do, and tip sheets for talking directly with individuals and their families.

Prevention Topics

- How to help family members recognize risk
- How to help families start the conversation
- How to help suicidal individuals chose safe targets for disclosure
- How to help family members have helpful reactions to disclosure

Treatment Additions

- Tools to develop safety plan with suicidal individuals
- Tools to develop support plan with family members
- Tools to develop communication rules to discourage breaches in trust

Common Challenges

- How to process past interactions to rebuild trust
- How to handle chronic ideation and repeated hospitalizations
- How to manage family burnout and decrease stigma



Dr. Laura M. Frey is a Licensed Marriage and Family Therapist and an Assistant Professor in the Couple and Family Therapy Program in the Kent School of Social Work at the University of Louisville. She has extensive clinical experience providing suicide risk assessments and crisis intervention with individuals and their families. She studies the intersection of family processes and mental health. With funding from the American Foundation for Suicide Prevention, she is currently researching family dynamics after an adolescent attempts suicide.

For more information, please contact:

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**CENTER FOR FAMILY &
COMMUNITY WELL-BEING**



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SOCIAL WORK**