



Brief Cognitive Behavioral Therapy (BCBT) for Suicide Prevention Course Information Document

Target Audience: Mental health providers who treat military personnel and veterans.

Instructional Level: Introductory

Course Description:

This two-day workshop is geared towards mental health professionals seeking to acquire entry-level information and training on the assessment, management, and treatment of suicide risk among suicidal individuals. The first portion of the workshop provides intensive training in core competencies for the clinical care of suicidal patients, including general interpersonal dynamics, standardization of suicide-related terminology, and documentation strategies. The workshop then provides a detailed, step-by-step review of the 12-session brief cognitive behavioral therapy (BCBT) treatment protocol. The treatment is divided into three phases including Emotion Regulation and Crisis Management, Undermining the Suicidal Belief System, and Relapse Prevention. Practical strategies for effective treatment delivery are provided using case examples, role plays, videos, and skills practice, which illustrate concepts and interventions.

Learning Objectives:

At the end of this course, participants will be able to:

1. Identify at least 2 common elements of effective treatments for suicide risk.
2. Describe at least 1 empirically supported cognitive behavioral model of suicide.
3. Describe the functional model of suicide.
4. Identify and describe at least 2 common issues of confidentiality when working with suicidal patients.
5. Conduct a narrative risk assessment of the patient's index suicidal crisis.
6. Develop a written treatment and services plan that addresses suicide risk and is based on empirically supported interventions.
7. Effectively facilitate means restriction counseling to suicidal patients.
8. Develop a written crisis response plan to reduce acute suicide risk.
9. Use at least 2 cognitive strategies and interventions to undermine suicidal beliefs that contribute to suicidal behaviors.
10. Explain and administer a relapse prevention task for reducing suicidal behaviors.

Primary Goal: After completion of this training, mental health providers will be able to implement BCBT effectively.

Dates and Times: Tuesday and Wednesday February 10 – 11, 2025 from 9 am – 5 pm CST

Duration: 2-day workshop

Where: Zoom

Training Cost: No cost

BCBT Manual

The BCBT manual is available online via Amazon.com, Oxford University Press, or other bookstores:

Brief Cognitive-Behavioral Therapy for Suicide Prevention 1st Edition.

Authors: Craig Bryan and M. David Rudd

ISBN-13: 978-1462536665

ISBN-10: 1462536662

Meet the Presenter

Ennio Ammendola, PhD

Researcher Scientist in the Department of Psychiatry and Behavioral Health at The Ohio State University



Ennio Ammendola, PhD is a Researcher Scientist in the Department of Psychiatry and Behavioral Health at The Ohio State University (OSU-STRIVE) with a background in clinical psychology and counseling. His research program aims to develop and validate integrated models of the processes that underlie suicidal ideation and the transition to suicidal behaviors that are responsive to brief, efficacious intervention in understudied and high-risk populations, particularly people with chronic pain, veterans, and military personnel. In addition, he has presented at conventions and offered workshops, lectures, and supervisions nationally and internationally.

Ennio has supervised several full-time staff and was a primary clinical mentor to numerous undergraduate students. Over the past 22 years, he has completed several professional trainings in Rational Emotive Behavior Therapy (REBT), Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT) for trauma, Prolonged Exposure Therapy (PE) for trauma, Acceptance and Commitment Therapy (ACT), Brief-Cognitive Behavioral Therapy (B-CBT), Hypnosis, Structural Family Therapy, and Kundalini Yoga.

**Ennio Ammendola does not have Conflicts of Interest to disclose*

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees **13 Continuing Education (CE) Credits** for participating in the 2-day training. Participants who attend are eligible to receive 13 CE Credits. To obtain CE Credits, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

Cancellation, Substitutions, and Refunds

There is no fee for this workshop. To cancel, contact Admin@StrongStarTraining.org.

Day 1 Agenda

February 10, 2025 from 9 AM – 5 PM CST

9:00 am – 10:30 am	Background and Conceptual Foundation
10:30 am – 10:45 am	Break
10:45 am – 12:15 pm	The First session (Narrative Assessment)
12:15 am – 1:15 pm	Lunch
1:15 pm – 2:45 pm	The First Session (Crisis Response Plan)
2:45 pm – 3:00 pm	Break
3:00 pm – 4:30 pm	Skills Practice
4:30 pm – 5:00 pm	Documenting Suicide Risk/Questions

Day 2 Agenda

February 11, 2025 from 9 AM – 5 PM CST

9:00 am – 10:30 am	Phase I: Emotion Regulation (Means Safety Planning)
10:30 am – 10:45 am	Break
10:45 am – 12:15 pm	Emotion Regulation Cont./Introduce Phase II
12:15 am – 1:15 pm	Lunch
1:15 pm – 2:45 pm	Phase II cont./Introduce Phase III
2:45 pm – 3:00 pm	Break
3:00 pm – 4:30 pm	Final Slides/Questions
4:30 pm – 5:00 pm	Skills practice/Implementation Discussion