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.

Date: Monday and Tuesday, March 22 – 23, 2027
Time: 9:00 AM – 5:00 PM **CT**
10:00 AM – 6:00 PM **ET**
8:00 AM – 4:00 PM **MT**
7:00 AM – 3:00 PM **PT**
Duration: 2-day workshop
Where: Zoom
Training Cost: No Fee

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



Ennio Ammendola, PhD is an Assistant Professor in the Department of Psychiatry at Robert Larner, M.D. College of Medicine at the University of Vermont (UVM). 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), Dialectical Behavioral Therapy - Prolonged Exposure (BDT-PE), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT) for trauma, Prolonged Exposure Therapy (PE) for trauma, Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT),

Brief-Cognitive Behavioral Therapy (B-CBT), Clinical Hypnosis, Structural Family Therapy, and Kundalini Yoga.

Ennio Ammendola, PhD has no conflict of interests 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 this training. 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 at San Antonio Long School of Medicine and the STRONG STAR Training Initiative (SSTI) are approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas at San Antonio maintains responsibility for this program and its content.

Cancellations

If you are unable to attend this workshop, please inform us at admin@strongstartraining.org at your earliest convenience so that we may extend the opportunity to the next qualified applicant.

For additional information, please contact the STRONG STAR Training Initiative at:
admin@strongstartraining.org.

Agenda

Please note this agenda is in the Central Time Zone

Day 1

Time	Session
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 PM – 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

Time	Session
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 PM – 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