

A Solution-Focused Approach to Preventing Suicide

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Recorded on: April 24, 2024

Length: 6 hours

- 1 hour and 30 minutes**
- Introduction & Overview
 - Hopes and expectations for the day
 - Scaling confidence
 - Fundamental principles, assumptions, beliefs of solutions, and focused working
 - The paramount importance of the helper-helpee relationship
 - Introduction to the principal solution-focused tools and techniques used
 - Discussion and exercises from handouts
- 1 hour and 30 minutes**
- Miracle question (adapted)
 - Scaling
 - Presuppositional language
 - The “SF feelings tank”
 - The “five o'clock” rule
 - Three questions in the mind of a suicidal person coming for help
 - Eliciting discussion of suicidal ideation
 - Discussion and exercises from handouts
- 1 hour and 30 minutes**
- Presuppositional questions
 - 10 Key points to cover when someone expresses suicidal ideas
 - Exception finding
 - Sample questions once suicidal ideation has been established
 - Four-stage process for subsequent sessions
 - Discussion and exercises from handouts
- 1 hour and 30 minutes**
- Generating possibilities
 - Discussion and exercises from handouts
 - The “triple twins” of solution-focused success
 - The graveside/crematorium scenario
 - Ending a session
 - Scaling confidence
 - Q & A

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