



# **Recovery-Based Suicide Prevention**

**An Introduction to life-transforming Dynamic Deconstructive Psychotherapy**

***Presented by Psychiatry High Risk Program***

**August 26<sup>th</sup>, 2022 • 8:00am – 5:00pm**

**August 27<sup>th</sup>, 2022 • 8:00am – 12:00pm**

**Hutchings Psychiatric Center Auditorium  
545 Cedar Street, Syracuse, NY**

**SPONSORED BY:**

Upstate Medical University's Psychiatry High Risk Program  
Upstate Foundation's Suicide and Self-Harm Prevention Fund  
R. Cassidy Seminars

**UPSTATE**  
MEDICAL UNIVERSITY

SUNY UPSTATE MEDICAL UNIVERSITY, DEPARTMENT OF PSYCHIATRY  
719 HARRISON STREET, SYRACUSE, NY 13210



## COURSE OBJECTIVES

### UPON COMPLETION OF THIS COURSE, PARTICIPANTS SHOULD BE ABLE TO:

- Describe the underlying psychological vulnerabilities of suicidal individuals.
- Apply the three principal sets of therapy techniques of Dynamic Deconstructive Psychotherapy.
- Apply DDP methods to motivate clients to engagement in recovery-based treatment and create a safe space for exploration and individuation, while maintaining clear boundaries, roles, and expectations.
- Summarize the research basis of Dynamic Deconstructive Psychotherapy.
- Describe the four states of being that suicidal individuals commonly enter into and be able to effectively deconstruct each of them, thereby restoring ruptures in the therapeutic alliance and decreasing suicide risk.

## CONFERENCE FEE

### • Registration:

Friday 8/26/22 \$60.00 and Saturday 8/27/22 \$30.00.

You must attend Friday's session in order to participate Saturday. The conference is free to Upstate Psychiatry and HPC faculty, staff and students, and discounts available for students from other institutions. Pre-registration is required. Registration Deadline is August 24th.

- Masks are required.

### • Online Registration:

Go to <http://www.upstate.edu/cme/> click on Event Registration, find the Recovery-Based Suicide Prevention: An Introduction to life-transforming Dynamic Deconstructive Psychotherapy in the Activity Catalog and click on the Register button.

### For conference questions please contact:

Linette Thorp  
Phone (315) 464-3104  
Email [thorpl@upstate.edu](mailto:thorpl@upstate.edu)

### • Cancellation Policy:

Cancellations must be received by 8/24/22 to receive a full refund. Please contact Linette Thorp at (315) 464-3104 or [thorpl@upstate.edu](mailto:thorpl@upstate.edu).

## PRESENTERS

### GLENN FORSYTHE, LCSW-R

Clinical Assistant Professor and Psychotherapist of the Psychiatry High Risk Program, Norton College of Medicine at SUNY Upstate Medical University

### ROBERT GREGORY, MD

Professor of Psychiatry and Director of the Psychiatry High Risk Program, Norton College of Medicine at SUNY Upstate Medical University

### ABIGAIL RIGGALL, LCSW-R

Assistant Professor of Psychiatry and Training & QA Director of the Psychiatry High Risk Program, Norton College of Medicine at SUNY Upstate Medical University

### CYNTHIA MALEK, LCSW-R, CASAC

Clinical Assistant Professor and Psychotherapist of the Psychiatry High Risk Program, Norton College of Medicine at SUNY Upstate Medical University

### ALEXANDRA MCCARTHY, LCSW

Psychotherapist of the Psychiatry High Risk Program, Norton, College of Medicine at SUNY Upstate Medical University

*Disclosure:* There is no conflict of interest or commercial support for this program.



## AGENDA

### Friday, August 26<sup>th</sup>

#### Registration and Continental Breakfast

##### Introductions

Glenn Forsythe, LCSW-R

#### Overview of Dynamic Deconstructive Psychotherapy

Robert Gregory, MD

##### Break

#### Practice Association Techniques

Glenn Forsythe, LCSW-R

#### Embedded Badness and Attributions

Robert Gregory, MD

##### Lunch (on your own)

#### Practice Attribution Techniques

Abigail Riggall, LCSW-R

#### Therapeutic Relationship and Alterity

Cynthia Malek, LCSW-R, CASAC

##### Break

#### Questions & Answers w/Panelists

Alexandra McCarthy, LCSW

### Saturday, August 27<sup>th</sup>

#### Registration and Coffee

##### States of Being

Robert Gregory, MD

##### Break

##### Role Play

Abigail Riggall, LCSW-R

#### Questions & Answers w/Panelists

Alexandra McCarthy, LCSW

## REGISTRATION

### PROGRAM DIRECTOR

ROBERT GREGORY, M.D., PROFESSOR OF PSYCHIATRY AND DIRECTOR OF THE PSYCHIATRY HIGH RISK PROGRAM, NORTON COLLEGE OF MEDICINE AT SUNY UPSTATE MEDICAL UNIVERSITY

### RECOMMENDED AUDIENCE

All mental health providers in the Syracuse and surrounding areas. Including psychiatrists, nurse practitioners, physician assistants, clinical social workers, psychologist, marriage and family therapist, and mental health counselors.

### COURSE DESCRIPTION

This workshop will introduce participants to the theory, research and practice of dynamic deconstructive psychotherapy (DDP). Through the use of lectures, video-recordings and role play, participants will learn how to motivate suicidal clients, to establish a safe and trusting treatment environment, and to apply the three core techniques of DDP to save and transform lives. During the second day, participants will be taught to recognize four common states that their clients can enter into that can rupture the therapeutic alliance, and how to deconstruct those states so as to restore the alliance and reduce suicide risk.

### COURSE CONTENT LEVEL

Intermediate

### REGISTRATION DEADLINE

August 24, 2022 and pre-registration is required

### REGISTRATION FEE

8/26/22 \$60.00

8/27/22 \$30.00

### CONFERENCE INFO

For further information, please contact Linette Thorp at (315) 464-3104 or [thorpl@upstate.edu](mailto:thorpl@upstate.edu)

### CREDIT DESIGNATION

This activity is approved for CE credits for Psychologists, Psychoanalysts, Social Workers, LMHCs, LMFTs & Creative Arts Therapists via R. Cassidy Seminars. Participants will receive 6.25 CE credits for 8/26/22 and if participants attend both 8/26/22 & 8/27/22 they will receive 9.0 CE credits.

Evaluations and Certificates are available by email and online following course completion at [www.ceuregistration.com](http://www.ceuregistration.com). Click here for CE Language:

<https://www.upstate.edu/psych/files/education/ddp/ce-live-in-person-1.docx>

<https://www.upstate.edu/psych/files/education/ddp/ce-live-in-person-2.docx>

This activity is approved for Social Work CE credits via Upstate Medical University Department of Social Work.



