The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy.

**Overall Objectives:**

*At the end of the course, participants will better:*

1. Conceptualize suicidal thinking and behavior from a CBT perspective.
2. Identify cognitive risk factors for suicidal behavior.
3. Assess risk of suicidal behavior using a cognitive model.
4. Use cognitive conceptualization to plan treatment.
6. Apply specific CBT techniques used in the treatment of suicidality.

*Conceptualize suicidal thinking and behavior from a CBT perspective.*  Daniella Cavenagh, Ph.D

*Identify cognitive risk factors for suicidal behavior.*  Daniella Cavenagh, Ph.D

*Assess risk of suicidal behavior using a cognitive model.*  Daniella Cavenagh, Ph.D

*Use cognitive conceptualization to plan treatment.*  Daniella Cavenagh, Ph.D

*Utilize a cognitive-behavioral protocol for the treatment of suicidality.*  Daniella Cavenagh, Ph.D

*Apply specific CBT techniques used in the treatment of suicidality.*  Daniella Cavenagh, Ph.D

*Model a relapse prevention technique for the treatment of suicidality.*  Daniella Cavenagh, Ph.D

**Recommended Readings:**


