

BEYOND RISK: RELATIONAL APPROACHES TO SUICIDE INTERVENTION

Course Overview

1. Duration: 10 weeks (3 hours/week) + 4 practice pods
2. Target Audience: Mental health professionals, counselors, social workers, healthcare providers, community workers
3. Prerequisites: Basic helping skills or professional experience in a caring role
4. Learning Format: Experiential, reflective practice, skills demonstration, case-based learning

Objectives

1. Shift from risk-management paradigm to relational engagement with suicidality
2. Develop capacity for therapeutic presence with people in suicidal crisis
3. Understand suicidality as communication, meaning-making, and response to suffering
4. Build culturally grounded intervention skills applicable across African contexts
5. Create sustainable self-care practices for this work



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Module 1 – Foundations: Understanding Suicidality Differently

- Opening Circle & Grounding
- Deconstructing Dominant Narratives of Suicide
- Suicidality in Context (social, cultural, structural)
- Inside Suicidal States: Lived Experience & Ambivalence
- Language, Metaphor, and Meaning in Suicidality
- Reflection, journaling, and self-care check-in

Module 2 – Presence: Being With Rather Than Doing To

- Foundations of Therapeutic Presence
- Managing helper anxiety, urgency, and “fixing”
- Compassionate Inquiry: Asking without agenda
- Relational Depth in Crisis
- Skills Practice: The Art of Staying With
- Role plays, feedback, and reflection

Module 3 – Understanding: Assessment as Relationship

- Beyond Checklists: Holistic Understanding of Risk
- Cultural Competence and Humility
- Evidence-Based Assessment Tools (used relationally)
- Documentation and Ethical Communication
- Practice Integration through case consultation
- Reflection and learning integration



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Module 4 Action: Safety Planning as a Collaborative Process

- Limits of Traditional Safety Approaches
- Collaborative Safety Planning (Stanley–Brown model)
- Means Restriction Counseling
- Working with Ambivalence
- Crisis Response and De-escalation
- Role plays, ethical dilemmas, and reflection

Module 5 – Sustainability: Systems, Self-Care, and Next Steps

- Referral Pathways and Resource Mapping
- Working Within and Influencing Systems
- Postvention: Supporting After a Suicide
- Vicarious Trauma and Sustainable Practice
- Integration, Commitment, and Ongoing Community
- Closing Ceremony and Certificate Presentation

Register Now!



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