

# Postgraduate Certificate

Intervention in Suicidal Behavior  
in Crises and Emergencies





## Postgraduate Certificate Intervention in Suicidal Behavior in Crises and Emergencies

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/intervention-suicidal-behavior-crises-emergencies](http://www.techtitute.com/us/medicine/postgraduate-certificate/intervention-suicidal-behavior-crises-emergencies)

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01

# Introduction to the Program

The management of patients with suicidal ideation in crisis requires a multidimensional approach combining pharmacological and psychotherapeutic interventions. In this regard, recent studies have shown that the use of drugs such as atypical antipsychotics and mood stabilizers can significantly reduce the immediate risk of suicide in patients with Psychiatric Disorders. In addition, motivational interviewing and de-escalation techniques have shown efficacy in reducing distress and isolation. Faced with this, clinicians need specific training in the application of psychotherapeutic strategies adapted to complex situations. In response to this, TECH launches an exclusive online university program focused on Intervention in Suicidal Behavior in Crises and Emergencies.



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*With this 100% online Postgraduate Certificate, you will master the most innovative Crisis Intervention techniques applied to Suicidal Behavior”*

Suicide is a global public health problem, with more than 700,000 deaths per year, according to the World Health Organization. It is estimated that for every death by suicide there are at least 20 failed attempts, which highlights the need for early and effective medical intervention. In emergency departments, up to 15% of psychiatric patients present with suicidal ideation or attempts, requiring physicians to have specialized skills in risk assessment and patient stabilization. Therefore, experts need to handle the most up-to-date protocols in this field to ensure accurate assessment of self-injurious behaviors and implement immediate intervention strategies.

In order to support them with such work, TECH has created a pioneering Postgraduate Certificate in Intervention in Suicidal Behavior in Crises and Emergencies. The curriculum will delve into a variety of emotional containment interventions, as well as different techniques to build confidence quickly. The curriculum will also delve into multiple strategies to prevent self-harm in the hospital. In this sense, the didactic contents will analyze the keys to carry out constant monitoring to minimize the risk of new suicide attempts. In this way, graduates will be prepared to act quickly, implement effective intervention strategies and coordinate a comprehensive follow-up that contributes to suicide prevention in crisis contexts.

As for the methodology of this university program, it will be taught 100% online, without continuous schedules or evaluation chronograms. Therefore, each graduate will have the opportunity to access the contents freely, according to their own availability and at any time of the 24 hours of the day. Likewise, for the assimilation of the most complex contents of this educational proposal, TECH relies on its disruptive Relearning system. This didactic strategy will enhance the absorption of knowledge in a more efficient way.

This **Postgraduate Certificate in Intervention in Suicidal Behavior in Crises and Emergencies** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Epidemiology and Preventive Planning of Suicidal Behavior
- ♦ Graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the process of self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies in medical practice
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will have a comprehensive understanding of legal regulations and ethical principles in the care of users with suicidal ideation”*



“

*Through TECH's revolutionary Relearning methodology, you will consolidate all the knowledge efficiently to successfully achieve the results you are looking for”*

It includes in its teaching staff professionals belonging to the field of Intervention in Suicidal Behavior in Crises and Emergencies, who pour into this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will be able to make clinical decisions under pressure, ensuring the safety of patients with self-injurious behaviors.*

*You will quickly and accurately assess suicidal risk in crisis contexts.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

**The world's best online university, according to FORBES**

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

**Forbes**  
The best online university in the world

The most complete  
**syllabus**

**The most complete syllabuses on the university scene**

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

**TOP**  
international faculty

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

**World's No.1**  
The World's largest online university

**The most effective methodology**

**A unique learning method**

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

**The official online university of the NBA**

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

**Leaders in employability**

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



**Google Premier Partner**

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



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**The top-rated university by its students**

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



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# 03

# Syllabus

The didactic materials that make up this Postgraduate Certificate have been designed by authentic references in Intervention in Suicidal Behavior in Crises and Emergencies. The academic itinerary will delve into the most modern techniques to build confidence quickly. At the same time, the syllabus will address the fundamentals of pharmacological management in complex situations, bearing in mind the treatment of underlying medical conditions. As a result, graduates will be prepared to act with precision in crisis scenarios, applying evidence-based intervention protocols and guaranteeing patient safety.







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*You will obtain advanced skills for the rapid assessment of suicidal risk, applying validated diagnostic tools in crisis situations”*



## Module 1. Intervention in Suicidal Behavior in Crises and Emergencies

- 1.1. How to Establish the Bond and Assess the Suicidal Patient
  - 1.1.1. Techniques to Build Trust Quickly
  - 1.1.2. Identifying Non-Verbal and Verbal Signals
  - 1.1.3. Handling Silence and Resistance
  - 1.1.4. Initial Assessment of Suicidal Risk
- 1.2. Communication Skills and Clinical Interviewing
  - 1.2.1. Active Listening and Emotional Validation
  - 1.2.2. Open and Closed Questions in Crisis Situations
  - 1.2.3. Non-Violent Communication: How to Minimize the Risk of Escalating Interview Tension
  - 1.2.4. Adapting Language to Different Populations
- 1.3. Crisis Intervention
  - 1.3.1. Crisis Intervention Models
  - 1.3.2. Emotional Containment Interventions
  - 1.3.3. Development of a Safety Plan
  - 1.3.4. Referral to Specialized Services
- 1.4. The Hospital Emergency
  - 1.4.1. Psychiatric Emergency Admission Protocols
  - 1.4.2. Initial Assessment in the Emergency Department
  - 1.4.3. Immediate Intervention in High-Risk Patients
  - 1.4.4. Criteria for Hospitalization vs. Outpatient Follow-Up
- 1.5. Medical Intervention
  - 1.5.1. Pharmacological Management in Suicidal Crisis
  - 1.5.2. Treatment of Underlying Medical Conditions
  - 1.5.3. Prevention of Self-Harm in the Hospital: Strategies for Minimizing Risk during Hospital Stay
  - 1.5.4. Role of the Psychiatrist in the Multidisciplinary Team





- 1.6. Psychological Intervention
  - 1.6.1. Cognitive-Behavioral Therapy in Crises
  - 1.6.2. Solution-Focused Intervention: Focus on Immediate Goals and Short-Term Distress Management
  - 1.6.3. Therapies Based on Emotional Validation: the Example of Dialectical Behavior Therapy
  - 1.6.4. Relapse Prevention
- 1.7. Nursing Intervention
  - 1.7.1. Monitoring and Care in the First 24 Hours: Strategies for Continuous Observation of the Patient
  - 1.7.2. Nursing in Emotional and Physical Support
  - 1.7.3. Safety and Relapse Prevention Education
  - 1.7.4. Collaboration with the Multidisciplinary Team
- 1.8. Support and Treatment of Suicidal Behavior in Primary Care
  - 1.8.1. Early Detection in Primary Care
  - 1.8.2. Brief Interventions in the Office
  - 1.8.3. Referral to Higher Levels of Care: When and How to Refer to Specialized Mental Health Services
  - 1.8.4. Long-Term Follow-Up and Support
- 1.9. Support and Treatment of Suicidal Behavior from the Mental Health and Addictions Network
  - 1.9.1. Coordination between Mental Health and Addictions: Comprehensive Intervention in Cases with Dual Diagnosis
  - 1.9.2. Community Support Networks
  - 1.9.3. Outpatient Treatment Interventions
  - 1.9.4. Relapse Prevention and Rehabilitation
- 1.10. Role of Telephone Intervention
  - 1.10.1. Suicidal Crisis Helplines: How They Work and Their Effectiveness
  - 1.10.2. Telephone Crisis Intervention Techniques
  - 1.10.3. Follow-Up and Referral from Telephone Intervention: How to Manage the Transition to Face-to-Face or Specialized Care
  - 1.10.4. The Use of Technology for Suicide Prevention

04

# Teaching Objectives

This university program will provide physicians with the most modern tools to intervene effectively in Crises and Emergencies related to Suicidal Behavior. In line with this, graduates will develop advanced clinical skills that will enable them to assess early the risk of self-injurious behaviors. In this way, professionals will apply appropriate stabilization protocols to optimize the overall well-being of patients. Therefore, experts will improve decision making in critical situations, optimizing emergency care and contributing to suicide prevention in high-demand healthcare settings.





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*You will ensure compliance with ethical and legal principles in Suicide Crisis Intervention, respecting the rights of users”*





## General Objectives

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- ♦ Delve into the risk factors, underlying causes, and warning signs of Suicide, both at the individual and societal level
- ♦ Identify early signs of risk and apply effective interventions that prevent suicide in a variety of settings, including clinical, educational and community
- ♦ Delve into postvention support management, providing tools to help people affected by the suicide of a loved one
- ♦ Provide psychological care to patients with suicidal thoughts, using therapeutic approaches such as cognitive-behavioral therapy and other validated interventions
- ♦ Manage educational and preventive strategies to promote awareness and reduce stigma related to Suicide and Mental Disorders
- ♦ Master techniques to help families and communities cope with bereavement following suicide, promoting resilience and emotional well-being in those affected







## Specific Objectives

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- Apply suicide crisis intervention protocols in a variety of contexts
- Obtain skills to manage high-risk situations with immediacy and efficacy
- Implement de-escalation strategies to reduce imminent suicide risk
- Coordinate crisis intervention actions with health and emergency services teams



*Practical exercises based on real cases and videos in detail elaborated by the teachers themselves will be the key to your success in this university program"*

# 05

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*



## The student: the priority of all TECH programs

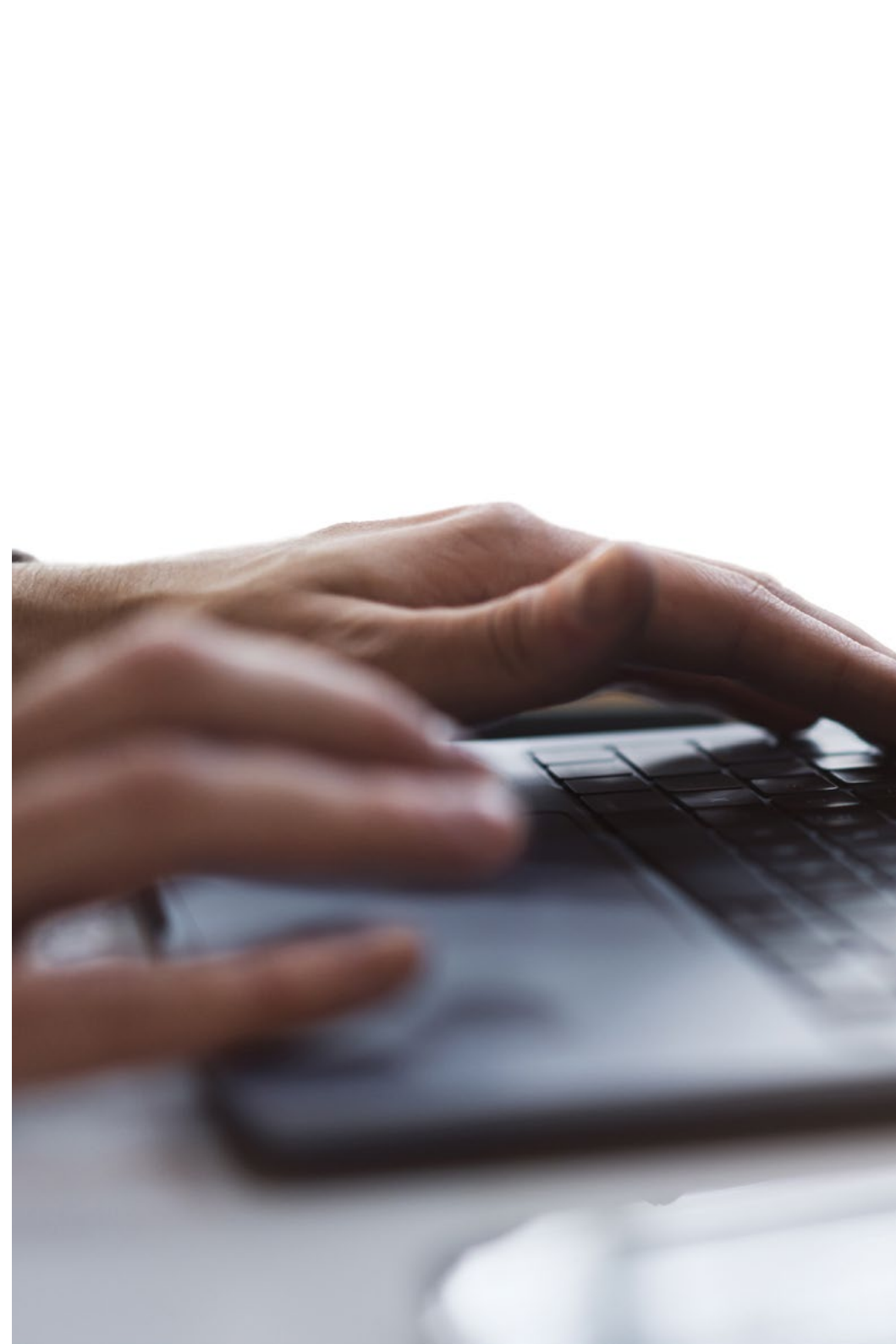
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”





## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*





As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

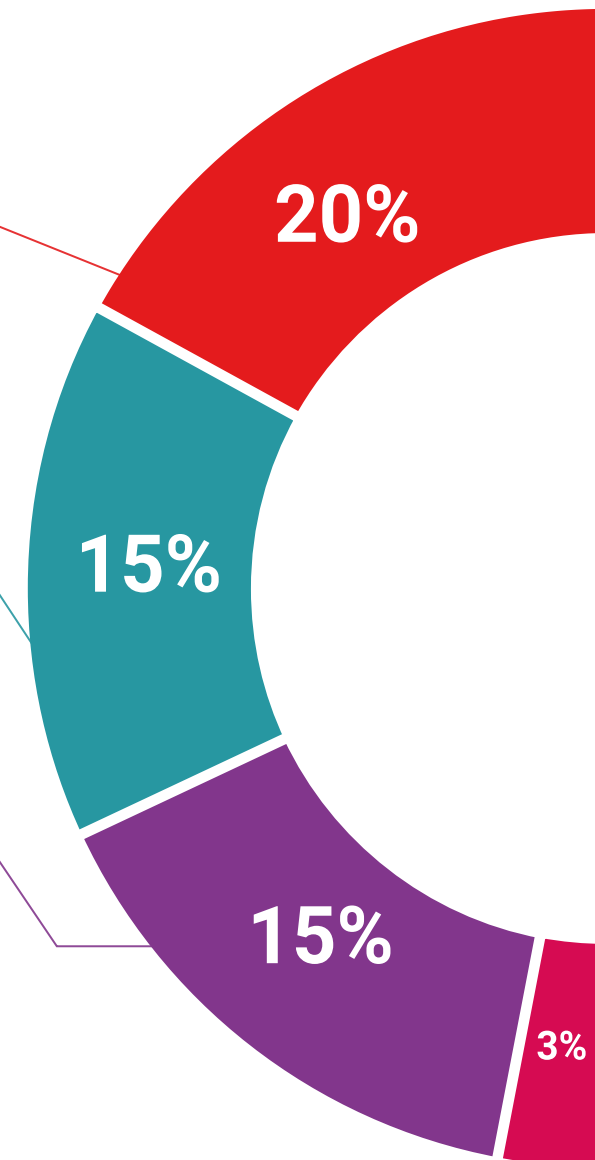
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

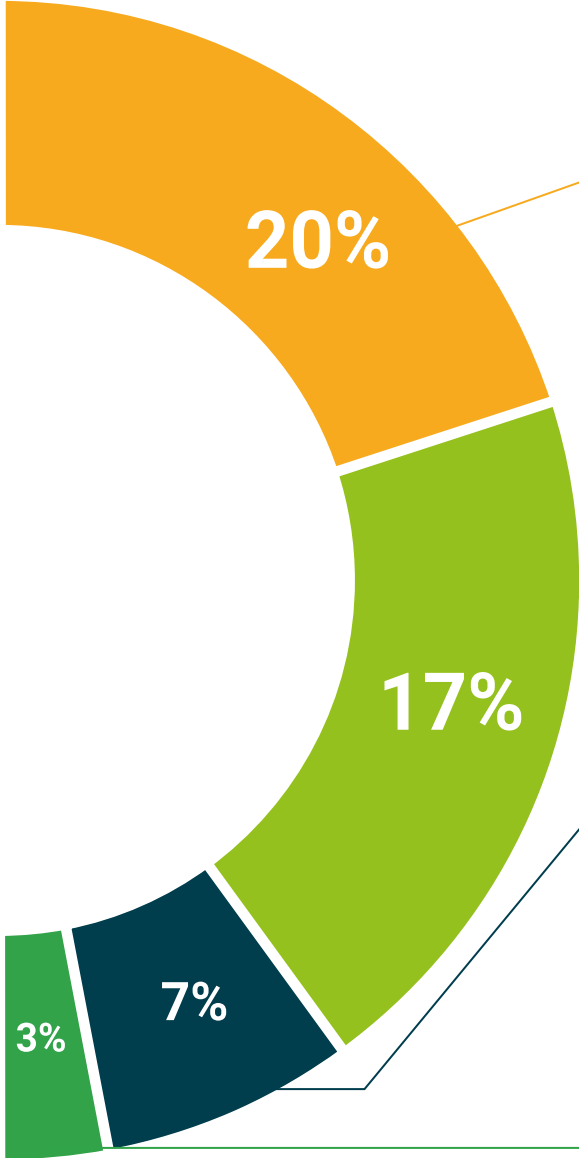
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06

# Teaching Staff

TECH's main premise is to make available to anyone the most comprehensive and updated university programs in the academic panorama. For this reason, it carefully selects its different teaching staff. For the delivery of this Postgraduate Certificate, it has enlisted the services of leading experts in Intervention in Suicidal Behavior in Crises and Emergencies. Thanks to this, they have developed a variety of teaching materials that stand out for their high quality and full applicability to the demands of today's labor market.

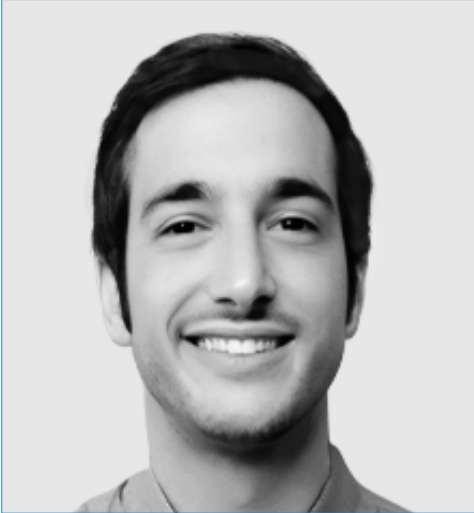


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*You will be able to consult your doubts directly with the teaching staff, made up of prestigious experts in Intervention in Suicidal Behavior in Crisis and Emergencies”*



## Management



### Dr. Alberdi Páramo, Iñigo

- Area Specialist in Psychiatric Hospitalization Unit/Psychogeriatrics at the Institute of Psychiatry and Mental Health of the San Carlos Clinical Hospital
- Area Specialist in Outpatient Psychiatry Liaison Psychiatry and Specialized Service in Mental Health in Intellectually Handicapped at the University Hospital La Princesa
- Area Specialist of Psychiatry in CSM Chamberí - Carabanchel
- Author and co-author of numerous scientific articles and book chapters
- Professor in undergraduate and postgraduate university studies.
- Doctor in Medicine - Psychiatry by the Complutense University of Madrid
- University Specialist in Clinical and Psychoanalytic Psychotherapy by the Pontifical University of Comillas



## Professors

### Ms. Pérez Luna, Laura

- ◆ Clinical Psychologist at the University Hospital Infanta Leonor
- ◆ Expert in Systemic Intervention
- ◆ Responsible for the Perinatal Intervention Program
- ◆ Degree in Psychology from the Autonomous University of Madrid

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*A unique, crucial and decisive learning experience to boost your professional development”*

# 07 Certificate

This Postgraduate Certificate in Intervention in Suicidal Behavior in Crises and Emergencies guarantees, in addition to the most rigorous and up-to-date program, access to an Postgraduate Certificate diploma issued by TECH Global University.







*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*



This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Intervention in Suicidal Behavior in Crises and Emergencies** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University**, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

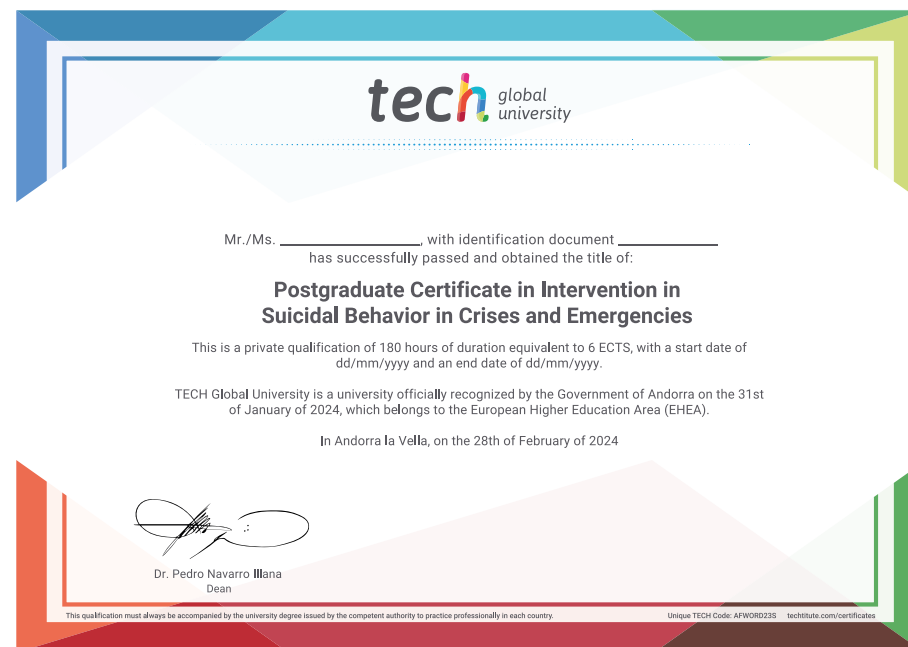
This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Intervention in Suicidal Behavior in Crises and Emergencies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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