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COURSE BROCHURE

Clinical Suicide Risk Assessment and Safety Planning Training Course

13 – 17 December 2026
Muscat

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Registered in the United Kingdom and Saudi Arabia

Clinical Suicide Risk Assessment and Safety Planning Training Course

Ref: 3278_124929 **Date:** 13 – 17 December 2026 **Location:** Muscat **Fees:** 5500 GBP

Clinical Suicide Risk Assessment and Safety Planning is a 1-week training course for nurses, counsellors, doctors and allied clinical staff who meet people in distress, and it builds toward one work product: a collaborative patient safety plan with a documented risk formulation. More people now disclose suicidal thoughts in emergency, primary and community settings. Jupiter Prime Training offers this course to clinicians who want their response to disclosure to be structured and defensible.

Why Clinical Suicide Risk Assessment and Safety Planning Matters Now

Three pressures shape this clinical task today. Demand for mental health care has moved into general hospitals, primary care and digital triage, so staff outside psychiatry now hold first conversations. Clinical leaders are also moving from simple scoring toward formulation and shared planning. A service that handles these conversations well keeps people engaged and connected to care; one that handles them badly loses trust and misses changes in distress.

Who Gains Most from Clinical Suicide Risk Assessment and Safety Planning

- Clinicians who carry out first assessments of people presenting in crisis
- Nurses responsible for observation, ward safety and handover
- Counsellors and therapists who hold long-term caseloads and review distress
- Primary care staff who identify warning signs and arrange onward care
- Clinical supervisors who review case notes, risk documentation and referral decisions with junior staff

Multidisciplinary teams gain most when several members attend together, leaving with shared assessment language and agreed referral routes.

Clinical Suicide Risk Assessment and Safety Planning Capabilities

Participants move from noticing distress to holding a structured, compassionate conversation and turning it into a formulation and safety plan.

- Recognise verbal, behavioural and situational warning signs of suicidal crisis — triage and escalation
- Conduct a structured assessment interview that asks directly about suicidal thoughts and intent — the clinician and patient
- Build a risk formulation that links predisposing, precipitating and protective factors — the treating team
- Design a collaborative safety plan with coping steps, contacts and means restriction — the patient and family
- Communicate risk clearly in notes, handovers and referrals — receiving services and supervisors
- Apply follow-up and review routines after discharge or transfer — continuity of care

Key Clinical Suicide Risk Assessment and Safety Planning Terms

- Suicidal ideation — Thoughts about ending one's life, from passive wishes to detailed intentions.
- Risk formulation — A narrative summary explaining why this person is at risk now, what could change it and what protects them.
- Protective factors — Relationships, beliefs, responsibilities and supports that reduce the likelihood of a person acting on suicidal thoughts.
- Safety plan — A written, personalised list of warning signs, coping steps, people and services a patient agrees to use in crisis.
- Means restriction — Practical steps that reduce access to lethal methods.
- Warm handover — A direct, person-to-person transfer of care with the receiving clinician briefed first.

Clinical Suicide Risk Assessment and Safety Planning Day by Day

Day 1: Understanding Suicidal Crisis

- Pathways Into Suicidal Crisis — Recognising How Distress Builds Over Time
- Warning Signs and Stated Intent — Deciding When Concern Becomes Urgent
- Stigma and Clinician Attitudes — Shaping Whether Patients Disclose at All
- Myths About Asking Directly — Choosing Clear Questions Over Avoidance
- Settings and First Contact — Matching Responses to Emergency and Community Care

Day 2: The Structured Assessment Conversation

- Opening the Conversation — Building Rapport Before Sensitive Questions
- Ideation, Plans and Preparation — Mapping Severity Through Direct Enquiry
- Past Attempts and Self-Harm History — Weighing What Previous Crises Reveal
- Collateral Information From Families — Balancing Confidentiality With Safety
- Cultural and Faith Perspectives — Adapting Questions to Patient Beliefs

Day 3: From Information to Formulation

- Predisposing and Precipitating Factors — Explaining Why Risk Is Present Now
- Protective Factors and Reasons for Living — Identifying What Can Be Strengthened
- Limits of Risk Scoring Scales — Avoiding False Reassurance From Checklists
- Writing the Formulation Narrative — Informing Shared Treatment Decisions
- Documenting Clinical Reasoning — Supporting Defensible Records and Supervision

Day 4: Safety Planning and Referral Pathways

- Collaborative Safety Plan Structure — Agreeing Coping Steps With the Patient
- Means Restriction Conversations — Reducing Access to Lethal Methods at Home
- Referral Thresholds and Urgency Levels — Choosing the Right Onward Service
- Warm Handover and Transfer Notes — Keeping Care Continuous Between Teams
- Follow-Up Contact After Discharge — Covering the Period of Highest Vulnerability

Day 5: Practising the Patient Safety Plan

- Simulated Assessment Interviews — Rehearsing Direct Enquiry From Days One and Two
- Peer Review of Formulations — Testing Reasoning Built on Day Three
- Clinician Wellbeing After Difficult Cases — Sustaining Staff Through Debrief and Supervision
- Handover Role Play — Applying Referral Routes From Day Four
- Completing the Patient Safety Plan — Finalising Formulation, Coping Steps and Contacts

Applying Clinical Suicide Risk Assessment and Safety Planning After the Course

- Lead a case review in which colleagues rewrite one recent risk entry as a formulation narrative.
- Introduce the collaborative safety plan template on one ward, clinic or caseload.

Clinical Suicide Risk Assessment and Safety Planning Questions FAQ

What is clinical suicide risk assessment and safety planning, and why does it matter now?

It is the structured practice of asking about suicidal thoughts, explaining risk through formulation and agreeing a written safety plan. It matters because people in crisis increasingly present outside specialist services.

Which roles gain most from clinical suicide risk assessment and safety planning?

Front-line clinicians gain most: nurses, counsellors, emergency and primary care staff, and supervisors who review risk notes. Mixed teams benefit because shared language makes handovers consistent.

How does clinical suicide risk assessment and safety planning differ from a general mental health awareness course?

It goes much deeper than awareness. You practise full assessment interviews, formulations and safety plans, so it suits clinicians who hold clinical responsibility.

What do you bring back from clinical suicide risk assessment and safety planning?

You bring back a completed patient safety plan and formulation from a simulated case and a tested question sequence for assessment interviews.

Clinical Suicide Risk Assessment and Safety Planning: The Way Forward

The patient safety plan is the starting point for a better first decision: whether a person can return home with agreed supports or needs urgent onward care. Patients, families and receiving clinicians use it. After its first use, the formulation behind it is worth revisiting, because protective factors and stressors shift quickly.