David Jobes, PhD, on Evidence-Based Psychological Treatments and Suicide-Specific Brief Interventions

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Treatments and Brief Interventions for Suicide

In these two brief videos, David Jobes, PhD, professor of psychology at Catholic University, describes evidence-based psychological treatments and suicide-specific brief interventions for people who have attempted or are at risk for suicide.

[1] Evidence-Based Psychological Treatments

This video covers three types of evidence-based, suicide-specific treatments:

- Dialectical Behavior Therapy
- Two forms of suicide-specific cognitive behavioral therapy
- Collaborative Assessment and Management of Suicidality

[2] Suicide-Specific Brief Interventions
This video covers four evidence-based brief interventions for suicide:

- Teachable Moment Brief Intervention
- Motivational Interviewing
- Safety Planning
- Attempted Suicide Short Intervention Program

Created by the Suicide Prevention Resource Center, Education Development Center, and Universal Health Systems.

To find more resources about evidence-based treatments for suicide, go to [zerosuicide.sprc.org/toolkit/treat.](http://zerosuicide.sprc.org/toolkit/treat)

Links within this resource

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