



We kindly invite you to a one-day workshop on suicidal behavior with  
**Igor Galynker, MD, PhD<sup>1</sup>** from New York, NY, USA.



## **IMMINENT SUICIDE RISK ASSESSMENT IN HIGH-RISK INDIVIDUALS - INTRODUCTION AND TRAINING -**

**Date: Saturday, March 4, 2023.**

**Venue:** University of Pecs, Medical School, Szigeti street 12. H-7624 Pecs, Hungary.

### **Program:**

09.00 - 09.45: Arrival and Registration  
09.45 - 10.00: Opening by Prof. Tamas Tenyi<sup>2</sup>  
10.00 - 11.15: Conceptual Framework  
11.15 - 11.30: Coffee Break  
11.30 - 12.45: Practical Training 1. - Suicide Crisis Syndrome  
12.45 - 13.30: Lunch Break  
13.30 - 14.45: Practical Training 2. - Suicidal Narrative  
14.45 - 15.00: Coffee Break  
15.00 - 16.00: Practical Training 3. - Emotional Responses  
16.00 - 16.45: Test Cases and Self-Assessment  
16.45 - 17.00: Closure

**Language of the workshop:** English

**The participation in this workshop is free; however preliminary registration is required at:**

<https://forms.gle/n3fiGng2iiSpx1gC9>

This event is supported by the Visiting Professor Program, University of Pecs, Pecs, Hungary.  
In case of any questions, please contact [voros.viktor@pte.hu](mailto:voros.viktor@pte.hu) and/or [ott.peter@pte.hu](mailto:ott.peter@pte.hu)

### **<sup>1</sup>Igor Galynker, MD, PhD**

Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, New York, NY, USA  
Director The Mount Sinai Beth Israel Suicide Prevention Research Laboratory  
Director of Research, Mount Sinai Beth Israel Hospital  
Director, Galynker Family Center for Bipolar Disorder

### **<sup>2</sup>Prof. Tamas Tenyi MD, PhD, DSc**

Vice-Dean for General Affairs, Student Welfare and International Relations  
University of Pecs, Medical Faculty, Pecs, Hungary  
Head of Department, Department of Psychiatry and Psychotherapy

**Dr. Igor Galynker, MD, PhD**, is the Chairman for Research in the Department of Psychiatry at Mount Sinai Beth Israel, and is the Founder and Director of the Galynker Family Center for Bipolar. He is a Professor of Psychiatry at the Icahn School of Medicine. He received his PhD in Chemistry from Columbia University and his medical degree from the Albert Einstein College of Medicine, where he was elected into the Alpha Omega Alpha Honor Medical Society. He completed his psychiatry residency at Mount Sinai Medical Center. He has since worked at Mount Sinai Beth Israel in Manhattan (previously Beth Israel Medical Center), where he is the Director for Research in the Department of Psychiatry and Behavioral Sciences.

In 2006, Galynker founded the Family Center for Bipolar (FCB), which now carries his name. The Galynker Center is a clinical Center treating children, adolescents, and adults with bipolar disorder exclusively in the context of their families. The Center is a go-to Center for treatment of Bipolar Disorder in the Greater New York Metropolitan Area and has been profiled in the New York Times and the Wall Street Journal. Dr. Galynker is also a founding Director of the Suicide Prevention Research Laboratory at Mount Sinai, where ongoing research includes development and validation of scales to determine imminent suicidal risk of patients.

His clinical and research interests include suicide prevention, bipolar disorder, and the role of family in psychiatric illness. He has published on these topics in professional journals and in the lay press and has authored a book on family involvement in psychiatric treatment.

## **Imminent Suicide Risk Assessment in High-Risk Individuals - Introduction and Training**

### **Learning objectives:**

At the end of this presentation participants will be able to:

1. Appreciate the difference between long-term and imminent suicide risk.
2. Learn the nuts and bolts of MARIS- and NCM-based approach to the assessment of imminent risk.
3. Apply the MARIS- and NCM-based approach to assess imminent suicide risk in test cases.

### **Abstract:**

According to the recent Center for Disease Control (CDC) report, more than half of suicide decedents between 2000 and 2016 were never diagnosed with a mental health condition, and only a quarter disclosed suicide intent prior to ending their lives. These striking findings challenge the practice of using suicidal ideation as a cornerstone of suicide risk assessment and may partially account for our failure to contain the increase in US suicide deaths. The CDC report also underscores the urgent need for innovative suicide risk assessment methods that do not rely on a history of mental illness or self-reported suicidal ideation/intent.

The proposed course aims to train clinicians in a novel framework for the assessment of short-term suicide risk: the Modular Assessment of Risk for Imminent Suicide (MARIS) and the Narrative Crisis Model (NCM) of suicidal behavior. The effectiveness of the MARIS-NCM approach is described in multiple peer-reviewed publications, and in the book *The Suicidal Crisis* by Galynker (2017; Oxford University Press), now a recommended resource by the American Foundation for Suicide Prevention (AFSP).

We will open conceptual framework of the course by polling the audience on their experience with imminent risk assessment and presenting a video of a person with lived experience describing her reasons for concealment of her suicidal intent. We'll then present an overview of the research findings supporting the NCM model, the new clinical entity of SCS and the MARIS method for the assessment of imminent suicidal risk. We will then conduct practical training in the SCS and of the Suicidal Narrative using the video of simulated patient "Irina" followed by didactic role-play practice case "Gary." Next, we will describe the use of clinicians' emotional responses as tools for assessment and management of imminent suicidal behavior as well as clinicians' psychological defense mechanisms elicited by suicidal patients following by practical training in emotional self-awareness. The class will conclude with Section Four devoted to participants' evaluating their acquired skills through risk-assessment evaluation of provided test cases "Kate" and "Bernie".