

## Assess Causes:

- *Body Chemistry & Symptom Surveys*
- *Electrodermal Stress Screening*
- *Hair Mineral Analysis*
- *Saliva Hormone Evaluation*

## Feel Relief:

- *Anger, Fear, Frustration, Grief & Worry*
- *Being Unheard or Misunderstood*
- *Bruising, Scarring & Surgical Lesions*
- *Connective Tissue & Visceral Motility*
- *Digestion, Absorption & Elimination*
- *Fatigue, Insomnia & Pain*
- *Feeling Alone & Helpless*
- *Joint Stiffness & Inflammation*
- *Migraine & Tension Headaches*
- *Neck & Back Pain and Mobility Issues*
- *Pre & Post Natal Tension*
- *Toxins & Mineral Imbalances*

## Experience Wellness:

- *Deepen relaxation & sense of well being*
- *Improve lymph & immune functioning*
- *Feel safe, empowered, free & authentic*
- *Increase circulation and metabolism*
- *Gain Insights on addiction & life issues*
- *Restore range of motion and posture*
- *Return harmony, balance & joy to life*

## Holistic Wellness Model

The Holistic Wellness Model of preventative health care views people as whole beings, with a natural tendency to live in a balanced state of physical vitality and emotional head-heart coherency. Pain and dis-ease result when these become imbalanced.

By treating the person, rather than the condition, the goal of *Clymer Functional Wellness™* is to enhance your natural healing ability and restore the *Peace* that accompanies *Wellness*.

I invite you to take this opportunity to experience an alternative to the way you've been doing things, by joining me in a journey of self inquiry that will lead to the discovery of being your best now.



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*Clymer Functional Wellness™ is a preventative complement to, not a substitute for, appropriate medical treatment of disease and critical care conditions. Holistic Therapists now commonly work with Allopathic and Osteopathic doctors to form wellness teams. Holistic wellness therapies have proven to be safe and effective for all ages.*

# **CLYMER FUNCTIONAL WELLNESS™**

**THERAPEUTIC  
MASSAGE**

**NUTRITION &  
DETOXIFICATION**

**PASTORAL  
COUNSELING**

**CONSCIOUS  
MOVEMENT**

**STRESS  
RESOLUTION**

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**Rejuvenate, Reenergize, Recharge,  
Replenish, and Revitalize NOW!**

# QPR Suicide Risk Assessment and Training

This course provides an introduction to suicide risk detection, suicide risk assessment and suicide risk management from a medical, psychological and legal perspective.

Subject matter includes a review of suicide risk factors, the epidemiology of suicide and the relationship between suicide, mental illness and substance use. Suicide risk reduction practices and limitations in suicide risk assessment are also covered.

QPR is an approach to confronting someone about their possible thoughts of suicide. It is not intended to be a form of counseling or treatment, instead a means to offer hope through positive action. There are three simple steps to follow:

## **QUESTION**

Question the person about suicide. Ask if they've had any thoughts about it, feelings, or even plans? Do not be afraid to ask!

## **PERSUADE**

Persuade the person to get help. Remember to listen carefully and then say, "Let me help" or "Come with me to find help!"

## **REFER**

Refer for help. If it is a child or adolescent, contact any adult, parents, minister, teacher, coach, or a counselor

Hot Line (1-800-866-HOPE)

# QPR History

The QPR Institute has researched, tested and published a series of award-winning and best-practices professional training programs and protocols in the assessment, management and monitoring of patients at risk for suicide at all levels of care across the age span.

Paul Quinnett is a clinical psychologist and President of the QPR Institute, an educational organization dedicated to preventing suicide. In addition to directing a large, public sector mental health program for 30 years, he maintained a private practice in psychotherapy, law enforcement and corporate consulting.

# To Save a Life...

- Realize that someone might be Suicidal
- Reach out. Asking the suicide question DOES NOT increase the risk
- Listen. Talking things out can save a life
- Don't try to do everything yourself

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement or relief, don't hesitate to get involved or to take the lead.

# Who Should Take This Course?

- Counselors and therapists
- Psychologists & Psychiatrists
- Pastoral counselors
- Social workers
- Primary healthcare professionals
- Substance abuse treatment providers
- Teachers & Educators
- Parents
- Students

# Learning Objectives

- State risk factors for suicide and what methods of suicide are utilized
- List specific groups at high risk and factors that affect the choice of method used to attempt or complete a suicide
- Describe the relationship between untreated mental illness and substance use disorders with suicide
- Identify suicide mortality rates by major psychiatric illness diagnoses
- Identify practice errors and how to reduce exposure to accusations of suicide malpractice
- Cite clinical risk information to assess suicidal persons and the current limitations to suicide risk assessment
- Utilize QPRT suicide assessment protocol