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BOOK REVIEW

Managing Suicidal Risk: A Collaborative Approach (Third Edition) by David A. Jobes, Ph.D. The Guilford Press, 2023

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Managing Suicidal Risk: A Collaborative Approach (Third Edition) by David A Jobes, with a foreword from Thomas E. Joiner is a comprehensive, user-friendly introduction to the Collaborative Assessment and Management of Suicidality (CAMS)® approach to treating patients who are suicidal. Although a plethora of evidence-based measurement tools have been developed in recent decades to assess suicidality, we as a field remain poor at effectively predicting and treating suicidal thoughts long-term. Further, changes in the experience of hospitalization for suicidality in past years has resulted in a need for outpatient-based care that clinicians, patients, and their families can feel confident providing and receiving. Thus, the CAMS approach, a suicide-focused, outpatient oriented, flexible, and nondenominational treatment program which is firmly rooted in science and relatively easy to learn is of paramount importance. Based on the pillars of empathy, collaboration, honesty, and a suicide-focus, Jobes' book is a thoughtful clinical handbook that provides convincing evidence for the utility of CAMS as well as a thorough introduction to the use of CAMS in one's own practice. The book describes the development of the CAMS framework, then logically discusses the implementation of CAMS, from risk assessment through relapse prevention, with a case example intertwined through the chapters.

The first three chapters of the book provide a thorough history of the development of CAMS and its predecessor, the Suicide Status Form, which is used as a "clinical roadmap" to guide the clinician-patient duo through the CAMS framework. At this point, the reader is also introduced to Carmen, as a relatively high-risk case-example used throughout the book. Importantly, Jobes also offers a four-step approach to optimizing the use of CAMS in various systems of care. This includes developing suicide-focused policies, identifying suicidal risk early on, consulting with colleagues, and reducing malpractice liability through documentation. The middle section of the book provides a detailed description of CAMS risk assessment, treatment planning, and interim care. In contrast to other suicide assessments, CAMS risk assessment maintains a focus on suicide-related pain and suffering, as opposed to suicide itself. CAMS treatment planning is done collaboratively with the client, with room to incorporate the clinician's preferred theoretical orientations. Interim care consists of ongoing suicidal risk assessment and a treatment focus aimed at reducing patient-defined drivers of suicide. Finally, the last section of the book discusses the resolution of suicidal risk, how to use CAMS to decrease malpractice liability, and possible adaptations and future developments of CAMS. The appendices of the book are replete with CAMS forms and checklists, coding instructions, examples, and an update on current suicide-related policy and prevention.

This manual is well-written and engaging and provides clinicians with confidence to work effectively and safely with suicidal clients. The book contains a unique combination of innovative ideas that are also rooted in evidence from RCTs in a wide range of populations. The book avoids using too many technical terms, which promotes readability. Though the book is primarily focused on the rationale and delivery of CAMS, it does so with a focus on reducing the risk of malpractice liability, which helps to reduce clinician anxiety in working with suicidal clients. A great strength of this manual is that it reviews the most up-to-date literature and provides a sound basis for the use of CAMS in a variety of clinical settings. Jobes successfully emphasizes the efficacy and strength of the CAMS approach without criticizing other suicide initiatives and describes the possibility of implementing CAMS into existing systems. This book may

323 pp. with appendices of therapist and client forms and worksheets, a case example, and additional resources (paperback), $45 and downloadable supplementary materials (online).

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be especially useful for newer clinicians who value science-based practices, looking for a thorough way to assess and treat suicidal clients and inspire confidence both in treatment and in reduction of legal risk. However, researchers in this area would also benefit from the author's updated and well-organized overview of the history of research in this area. Due to its flexibility with different theoretical approaches, this book can hopefully inspire more seasoned clinicians to implement the CAMS framework into existing practice. Overall, Jobes skillfully explains the innovative use of CAMS from start to finish, maintaining a client-centered and hopeful tone throughout.

Despite its major strengths, the book has a few limitations. The first few chapters of the book focus heavily on the development, rationale, and research-base for the CAMS Framework. While this is certainly appreciated by research-oriented readers, it is possible that busy clinicians hoping to learn how to adopt the framework find this more elaborate than is needed for this manual. Additionally, the number of required worksheets and documents required to fully adhere to the framework, while thorough and well-organized, may feel overwhelming for clinicians to adopt into their existing practice. A final limitation is that beyond simply reading this book, the online supplemental materials may be necessary to explore in addition to this book, for the reader to feel more prepared to adherently administer CAMS.

Overall, this book is a useful clinical manual for psychotherapists who work with nearly any client struggling with suicide, from low to high-risk. Although a variety of evidence-based assessments for suicide risk exist, the Suicide-Status Form and CAMS protocol thoughtfully combine facets of existing assessments to provide a comprehensive tool to be used *throughout* psychotherapy. It differs from existing measures in that the primary focus is on reducing drivers of suicide and can be incorporated into a range of theoretical orientations. This manual will be found appropriate for graduate level trainees and seasoned clinicians alike looking for a structured and comprehensive way to incorporate suicide assessment and treatment in a collaborative and empathetic way. In accordance with a goal of CAMS treatment, this book provides clinicians themselves with hope and confidence in practicing life-saving work.

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