

Data supplement for Ahmadi et al., Reminder-Focused Positive Psychiatry: Suicide Prevention Among Youths With Comorbid Posttraumatic Stress Disorder and Suicidality. *Am J Psychother* (doi: 10.1176/appi.psychotherapy.20200061)

<b>Positive Skills in Reminder-Focused Positive Psychiatry and Suicide Prevention Intervention (RFPP-S)</b>	
<b>Module</b>	<b>Therapeutic Messaging/Techniques</b>
<b>Self-Compassion</b>	Accept yourself, including your suffering, thoughts, and feelings. Notice that each of your unwanted thoughts is just one of many ways to think about your situation.
<b>Treatment Engagement</b>	Your passionate and purposeful interactions with others can improve your positive feelings and interpersonal relationships.
<b>Managing Trauma/Loss Reminders</b>	Label trauma/loss reminders with silly names. Call out the silly name when reminded of the trauma, followed by gratitude and self-compassion.
<b>Distress Tolerance</b>	Think about a time in your life when something bad happened and practice distress tolerance skills.
<b>Safety Planning Skills</b>	When you think of death or suicide, tell your parents “I am sad; make me happy.” They are aware of your triggers and will work with you through self-compassion, gratitude, and engagement exercises for 30 minutes or more until this wave of emotion crests and subsides.
<b>Parent Psychoeducation</b>	Parents should practice handling trauma reminders with their child, using techniques of self-compassion, gratitude, resilience, and engagement exercises.