



The *ASIST Training for Trainers (ASIST T4T)* course trains persons with existing trainer experience to conduct *Applied Suicide Intervention Skills Training (ASIST)*.

About ASIST

LivingWorks Education regards suicide intervention in the same way people view “CPR” or basic first aid. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. The two-day ASIST workshop is by far the most widely used, acclaimed and researched suicide intervention skills training in the world. It has been refined since 1983 with feedback from over 750,000 participants and 3,500 active trainers.

About ASIST T4T

The five-day ASIST T4T starts the process of becoming a Registered Trainer. Individuals learn the content and process of ASIST and the skills needed to conduct it. The course and the ongoing support of LivingWorks provide a cost-effective way to develop suicide intervention competence in your community. The community receives the benefits of local trainers, as well as the advantages of a central agency dedicated to the quality of the program.

During the first two days, candidates participate in ASIST, receiving first-hand workshop experience. The remaining days focus on preparing the individual to conduct ASIST. Candidates must attend all sessions to complete the training. The goal is to register trainers who are competent, confident and enthusiastic. The training ratio is one Training Coach for every five or six candidates. This intensive course balances challenge and support, and provides ample opportunity for practice and participation.

ASIST T4T schedule

Days 1 and 2: Participation in ASIST’s five sections: Preparing, Connecting, Understanding, Assisting and Networking

Day 3 am: Transition to the Trainer role

Day 3 afternoon or evening: Coaching sessions

Day 4 am: “Dress rehearsal” of day 1 of ASIST

Day 4 afternoon or evening: Coaching sessions

Day 5 am: “Dress rehearsal” of day 2 of ASIST

Day 5 pm: Course debriefing, issues in implementation at the local level, marketing

Trainer support

Every Registered Trainer is fully supported with:

1. Trainer Manual - the complete reference (300 pages)
2. Organizer Guide - everything an organizer of ASIST needs to know (24 pages)
3. Workshop slides in PowerPoint format - used in presenting the ASIST workshop (overhead transparency format also available)
4. Award-winning audiovisuals - designed for and used exclusively with ASIST
5. Wall posters (2)
6. Participant handouts - ASIST workbook, Suicide Intervention Handbook, wallet-size reminder card with intervention principles, suicide first aid stickers
7. Trainer Implementation Guide - how to get started as a trainer (20 pages)
8. ASIST TuneUp - a refresher program for persons who have completed the ASIST X workshop at an earlier time
9. suicideTALK - a complete program for providing awareness presentations
10. Dissemination materials

Expectations and qualifications

To realize all the benefits of the LivingWorks Program, your organization must be willing to invest time and support in the ASIST T4T course and in the preparation and delivery of ASIST. As ASIST requires team teaching, a minimum of two trainers from the same community or organization must be registered. There are trainers in many parts of the world. Contact LivingWorks for information about your region.

The success of a trainer is greatly enhanced by a combination of skills and characteristics:

- flexible attitude about suicide,
- good interpersonal communication and helping skills,
- suicide intervention skills,
- knowledge about suicide,
- established teaching and group leadership skills.

Regardless of background, trainers need to be unusually talented or unusually persistent, or preferably both.

The benefits continue

A wealth of information, marketing and technical support is available to Registered Trainers:

- access and availability to other LivingWorks programs
- networking opportunities
- ongoing support and telephone consultations
- updated information
- marketing support

Many co-trainer teams lead as many as 10 workshops per year and have done this over many years. With an average of 24 participants per workshop, a co-trainer team can provide suicide first aid training to as many as 240 caregivers every year.

These trained caregivers are the living, breathing part of suicide first aid: suicide first aid caregivers help prevent suicide. Their skills in suicide first aid ensures that the benefits of suicide prevention training live on.

Registered Trainers are key resources for building and renewing suicide prevention efforts in their organization or community. Becoming a Registered Trainer is an investment in the wellness of your community.

LivingWorks

The LivingWorks Program is a comprehensive, coordinated and integrated approach to suicide prevention which involves the entire community. LivingWorks creates learning experiences that help communities prevent suicide and assist life. We are a community service corporation, dedicated to enhancing resources today and saving lives for tomorrow. Our programs are cost-effective and easy-to-learn, with practical applications for all concerned community members.