

## Applied Suicide Intervention Skills Training for Trainers (T4T)

*ASIST T4T is a five-day course that helps participants begin learning how to effectively present the two-day ASIST workshop and bring life-saving intervention skills to their own organizations and communities. The course balances challenge and support while providing opportunities to practice and participate. Attending a T4T is a requirement for anyone wanting to facilitate LivingWorks' ASIST program.*

### What to Expect

An ASIST T4T is a thorough, challenging, and ultimately rewarding experience. During the first two days, candidates will experience the ASIST workshop, which provides a common context for the rest of the course. During the next three days, candidates receive coaching support, spend self-study time with their trainer manuals and audiovisuals, and practice presenting parts of the workshop. To ensure support and safety, the coaching component occurs in the same small group of candidates.

To successfully complete the T4T, candidates must demonstrate that they will be able to facilitate ASIST in accordance with standard procedures while creating a safe learning environment for their participants.

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**FOCUS:** Begin preparing candidates to deliver their own ASIST workshops

**DURATION:** Five days

**CANDIDATES:** People who want to be able to provide the ASIST workshop and who have carefully considered the necessary skills and time commitments

**TRAINERS:** One training coach per five or six candidates

**LANGUAGES:** English and French

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**“I found the T4T course outstanding as it provided an opportunity to practice and process. Great leaders too. Many thanks.”**

—ASIST Trainer Candidate

### Goals and Objectives

In the course of their five-day T4T, ASIST trainer candidates will:

- Experience or re-experience ASIST as any participant would
- Better understand the key process and content features of ASIST
- Learn how to use the *ASIST Trainer Manual* and audiovisuals in preparing and facilitating the workshop
- Benefit from coaching and self-study to prepare and present assigned sections of ASIST at the T4T
- Develop the confidence to begin facilitating ASIST
- Establish or strengthen links with other candidates who may become training partners or provide support in the future

For more information on the training process and expectations, read the ASIST T4T overview, located under “ASIST” at <https://legacy.livingworks.net>.



# ASIST Training for Trainers (T4T)

## ASIST T4T training coaches

ASIST T4Ts are led by training coaches who have substantial experience delivering ASIST and training new trainers. Using internationally standardized materials and processes, they provide intensive coaching and support throughout the duration of the course.

## Important considerations

The journey to becoming a registered ASIST trainer is challenging—but also rewarding. Before registering for a T4T, candidates should carefully consider the following:

**Coaching skills:** As an ASIST trainer, candidates will lead participants in small group discussions and employ principles of adult learning. Previous experience coaching or teaching others is highly desirable.

**Time and resources:** The T4T lasts five days, and full attendance is mandatory. Planning, organizing, and running the subsequent ASIST workshops is also a significant commitment. Candidates and their sponsoring organizations, if any, should make sure they have the necessary time and resources for training.

**Experience ASIST:** Attending the two-day ASIST workshop will help candidates know what to expect and decide if becoming a trainer is right for them.

## Becoming a registered ASIST Trainer

After completing the T4T, candidates must deliver at least three ASIST workshops within one year in order to become registered trainers. After this, they must deliver at least one workshop per year—three or more is recommended—to maintain registered status.

It is strongly recommended that all candidates and their organizations begin implementation planning before the T4T takes place. The dates for a candidate's first ASIST workshop should be set for shortly after the T4T so that the training is still fresh in mind when delivering the program for the first time.

LivingWorks can support implementation planning in a variety of ways. To inquire, email [info@livingworks.net](mailto:info@livingworks.net).



**95+**

T4Ts take place annually around the world



**5,100+**

ASIST workshops are presented by registered trainers each year

PATHWAY FOR ASSISTING LIFE



**90,000+**

workshop participants learn suicide intervention skills every year thanks to ASIST trainers



Fantastic...a real growing experience. The most challenging course I have ever taken. Every activity expanded my knowledge, my skills, and my personal awareness.

—ASIST Trainer Candidate

\*Statistics current as of March, 2018

**About LivingWorks:** LivingWorks is dedicated to saving lives through the creation, development, and delivery of innovative training experiences that empower individuals, organizations, and communities to be safer from suicide. To learn more, visit [www.livingworks.net](http://www.livingworks.net).

