

ASIST:

what participants think

I felt it has tied everything I knew about suicide intervention together to make it a more comprehensive approach. ∞ I am very impressed with this workshop. It is the best one I have ever attended on any topic. The leaders are extremely knowledgeable and were confident in focusing as opposed to generalising. I feel I learned a lot. 🍏 Workshop was great. High participation and involvement. None of the activities were boring because all had some form of interaction. It was the most practical counselling training experience I have had (and I'm in the process of completing my third degree). 🍏 I feel more in touch with my feelings about suicide and more competent now. I recognised personal blocks I have — eg. control issues. I felt encouraged to open up and explore these feelings, understand them and let go of them. 🍏 Previously I have been in the type of situation where I've acted on instinct. This workshop has clarified my thoughts and brought instinct and theory together for me. ∞ I now feel that the whole area is not so frightening to tackle. I had always felt one had to have special, extraordinary skill to deal with suicidal situations. ∞ My overall level of confidence in dealing with this type of situation increased 100% both in knowledge and skills. 🍏 Very positive and validating/challenging in many areas. 🍏 Really appreciated the balance between the knowledge presented and the experiential opportunities. Extremely rich and most valuable experience. 🍏 I certainly feel this workshop has helped me tremendously. I also pointed me in the direction of "assertiveness" as pertains to high risk situations as I feel my own non-directive style may be less effectual in certain situations. 🍏 Definitely recommend this workshop. If more people had such training before they entered the "helping professions", they would feel more emotionally equipped to handle such situations. It is okay to say you would get through it but this workshop makes you stop and question, "would you really?" 🍏 The workshop makes what you have to do in a suicidal situation more concrete. It gives you a basic model you can follow and apply to all situations. 🍏 I felt that although I could have dealt with the engaging or feeling part of the model, I now have a good base and the knowledge to take the relationship further. The tools are specific and adaptable and I feel much more comfortable now. 🍏 I certainly got in touch with my own feelings

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around suicide — and I feel much more comfortable in going back into the field to deal with it. 🍏 It has made me realise how unprepared I was to deal with suicide and how effective I may now become when assisting someone in need. 🍏 I feel that the past few days have opened my eyes and given me some valuable information in how to deal effectively with a person at risk. 🍏 This workshop is filled with many answers to the question, "What do I do next?" 🍏 It has given me confidence and a sense of reassurance that I am equipped to deal with a suicidal situation. An incredible two days. 🍏 Thank you for a wonderful experience. Suicide is still very scary but now I believe I am better prepared to handle it. 🍏 I enjoyed the last 2 days very much. A very practical workshop. A straightforward, no-nonsense approach to intervention. 🍏 Very informative. "Hands on" approach. Very effective. Personally, this workshop reinforced some positives that I currently use and gave me a lot of new ideas. 🍏 Excellent atmosphere for a group participation and individual input. The past 2 days has been a tremendous asset to me. 🍏 It has opened my eyes to mistakes I have made in the past and has taught me that just because nothing in my life would bring me to suicide that doesn't mean it is the same for everyone else. 🍏 Definitely recommend this workshop. I feel that everyone, no matter what line of work they are in, would greatly benefit from this workshop. 🍏 I found this workshop to be very intense. As well it gave me an insight into my own feelings and attitudes about suicide and the impact my attitudes have on how I would deal with a client. 🍏 It certainly changed my own ideas in terms of the dynamics of a suicide situation. I now feel much more comfortable if this situation were to arise because of the training, knowledge and skills obtained. Prior to this workshop, the word suicide was very frightening and it made me feel helpless. It is still frightening but I feel that the knowledge gained has empowered me to deal with any suicidal situation more effectively.

🍏 These comments were gathered from one ASIST. They are typical.

05/02/1pt quotes