ASSIP Training
(Attempted Suicide Short Intervention Program)

UNIVERSITÄRE PSYCHIATRISCHE DIENSTE BERN

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The ASSIP training includes

A) Basic Training Course: Requires 2.5-3 days (equivalent to a total of 20 hrs)
B) Case supervision: A minimum of 5 ASSIP cases per therapist, supervised over 6-12 months
C) Follow-up meeting after 6-12 months (2 days)

The maximum number of participants is 6.

Trainee Requirements

- Basic psychotherapy training and practical experience in dealing with suicidal patients are required.
- Course participants are familiar with ASSIP and have read the manual, and the relevant articles provided, prior to attending the training.
- Course participants bring a video-recorded pilot narrative interview with a suicidal patient to the training.

Institutional requirements

Prior to attending the training, several aspects of the practical implementation of ASSIP in a given institution should be clarified. This includes:

- Working hours allocated to the ASSIP clinic. A minimum of 2 half days per therapist is recommended.
- Room requirements. A specific room for good quality video-recordings of ASSIP sessions is highly recommended. The video must show therapist and patient, sitting side by side (not facing each other) at an angle of approximately 45°.
- Safe storage of videos and case notes is required.
- Translation (if necessary) of written material for patients should be clarified.
- A member of the team of ASSIP therapist should be responsible for questions regarding the practical implementation, such as written information for patients and medical institutions, referral system, contacting patients, feedback to other therapists, time management of regular letters, etc.

Furthermore, it is assumed that, if necessary, ASSIP therapists can get supervision or peer review for difficult cases (e.g. for suicide risk assessment) – in addition to the ASSIP specific case supervision.

*) Gysin-Maillart A, Schwab S, Soravia L, Megert M, & Michel K (2016). A Novel Brief Therapy for Patients Who Attempt Suicide: A 24-months follow-up randomized controlled study of the Attempted Suicide Short Intervention Program (ASSIP). PLoS Medicine 13(9):e1001968. Doi:10.1371 Link: http://journals.plos.org/plosmedicine/article/metrics?id=10.1371/journal.pmed.1001968

A) ASSIP Basic Training Course

Teachers: Konrad Michel, MD (KM); Anja Gysin-Maillart, PhD (AGM)

Learning Objectives

- To increase the understanding and knowledge of the main theoretical concepts on which ASSIP is based (see Chapter 2 and 3 of manual)
- To be familiar with the practice of narrative interviewing (video, role-play) and how to deal with difficulties that may arise.
- To be familiar with the practice of video-playback (video, role-play) and how to deal with difficulties that may be encountered
- To use and discuss the handout/homework task
- To learn about the ASSIP concept of the case conceptualization and to apply this in case examples
- To be familiar with the theoretical and practical aspects of the regular letters sent to patients
- To be familiar with the practice of mini-exposure and how to deal with difficulties that may be encountered
- To discuss plans of evaluating ASSIP

Teaching methods

Training will include lectures, discussions, case examples, videos, and role-play.

Content

Module 1

- Theoretical background of ASSIP

Module 2

- ASSIP Session 1: Narrative interview (theory, practical exercises, video examples, role-play, participants' own videos)

Module 3

- ASSIP Session 2: Video-playback (theory, practical exercises, video examples, role play, participants' own videos)
- Handout/homework (theory and patient information)

Module 4

- Handout/homework feedback (role play)

Module 5

- ASSIP Session 3: Collaborative case conceptualization, long-term measures/therapy goals, warning signs, safety plans (theory, practical exercises, video examples, role play)
- Regular letters (theory, practice, administration of letters)

Module 6

- ASSIP Session 4 (optional): Theory, practical exercises, role-play.

Module 7

- RCT: Presentation (methods, results), discussion of therapy process factors
- Course evaluation

B) Case Supervision

To be a certified ASSIP therapist participants need 5 of their own ASSIP cases supervised and accepted by the trainers. The supervision includes the viewing of the three video-recorded sessions (narrative interview, video-playback, collaborative case conceptualization with warning signs and safety measures). For supervision written material should be translated into English. The written material must be sent to the trainer/supervisor prior to the supervision session. A part of the supervision can be conducted via Skype and/or other online connection. At least two ASSIP therapy cases should be presented at the follow-up meeting (see below).
Time requirement: 2 hrs per case; this includes teachers' time for preparation (written case conceptualization, warning signs and safety plans) and written feedback.

C) Follow-up Meeting

6-12 months after the initial training, a follow-up meeting with one of the ASSIP teachers will be due. The meeting includes the discussion of any practical problems with ASSIP and case supervision in the group (see above).

D) Ongoing Supervision

After completion of the ASSIP training additional supervision is strongly recommended. For therapists involved in an effectiveness study regular supervision (e.g. after every five ASSIP cases) is mandatory.

Costs

Basic Training Course:	EUR 1,600.- per day, for up to 6 participants (one ASSIP trainer). If applicable, costs for travel and accommodation*.
Supervision:	EUR 350.- per case (supervision of three sessions, and written feedback)
Follow-up Meeting:	EUR 1600.- per day (one ASSIP trainer). If applicable, costs for travel and accommodation*.
	*) Training courses are also offered in Bern, Switzerland

Note: The amounts in EUR are netto, i.e. any *taxation at source* is the responsibility of the inviting institution.

Links

https://assip.ch/
https://www.hogrefe.ch/shop/assip-attempted-suicide-short-intervention-program-67660.html
www.konradmichel.ch
www.aeschiconference.unibe.ch
http://www.upd.unibe.ch/gysin_maillart_anja