Co-Training Workshops

How many trainers?

safeTALK requires only one trainer and a Community Support Resource person. As a confidence builder, new trainers may work with another trainer and a Community Support Resource in their first one or two workshops. There is no design or delivery need to continue to co-train unless there are exceptional circumstances in which case, consultation with the LivingWorks trainer support person is recommended. Examples of exceptional circumstances include: a) a provisional trainer who has conditions to meet in their provisional period, or, b) a trainer who is returning to training after time away, or, c) a reactivating trainer.

We want to co-train. How do we divide the workshop?

Two trainers working together may seem easier than one trainer working on his or her own. This isn’t the case. Co-training requires courage and trust. Co-training also requires strong planning, preparation, structure and teamwork. Discuss which of the options below will be the best for your participants, keeping in mind safety/challenge and the group’s experience with suicide. In order to achieve registered status, trainers must deliver all parts of the workshop except the video co-trainer.

Option 1: For trainers in their provisional period

- Trainer A 1.1 to 1.4.9, 2.1 to 2.2 and 2.5 to 2.6
- Trainer B 1.5 to 1.8, 2.3 to 2.4 and 2.7

Option 2: For trainers in their provisional period

- Trainer A 1.1 to 1.2 and 1.8 to 2.3
- Trainer B 1.3 to 1.7 and 2.4 to 2.7
Option 3: For trainers with 10 or more workshops, looking for a new challenge

• Use Standard Procedures Without Video Co-Trainer. This is an optional version of Chapter 4 from the safeTALK Trainer Manual. It can only be used after consultation with Renee Schmidt, safeTALK Trainer and Reactivation Consultant.

It is not an option in any circumstance that one trainer delivers the first half and the other the second half. While that may seem the most straightforward for you, it is the least helpful for the participants. Think about safety and challenge: after the break, the person they have connected with changes roles and a new person asks them to take more risks.

What about the Community Support Resource?

The Community Support Resource role is a critical and required component of safeTALK. Review your safeTALK Trainer Manual, Chapter 3: Good Practices, to understand this role more fully. Two provisional trainers can co-train however there must be another person who is the designated Community Support Resource.

One trainer and then the other can be the designated Community Support Resource when:

• Both are registered trainers.
• Both trainers are prepared to deliver all steps in the event their co-trainer, as the designated Community Support Resource, is called on to support a participant.
• The designated trainer Community Support Resource is seated in the back of the room, or near the door, available and present to participant needs.
• The designated Community Support Resource, attentive to participant needs, is never preparing for their next task. The time for preparation is before the training and not while in the Community Support Resource role.

Choosing to fill the co-trainer and Community Support Resource roles adds complexity to co-training and is best used only when other options are exhausted.

If you are a provisional trainer you can:

• Deliver safeTALK on your own with a Community Support Resource person who is present in the room.
• Deliver safeTALK with another trainer AND with a Community Support Resource person using one of two options for dividing tasks.
If you are a registered trainer who is able and confident in all workshop tasks you can:

- Deliver safeTALK on your own with a Community Support Resource person in the room
- Co-train with another registered trainer who is able and confident in all workshop tasks with a Community Support Resource person in the room
- Co-train with another registered trainer and in turn take on the role of the Community Support Resource person.

If you are unsure then consult with the safeTALK trainer and reactivation consultant.