

# Suicide Prevention© Facilitator Certification Training AGENDA

*\*Training is from 8am to 5pm on each day*

## Day 1

- **Welcome and Introductions**
- **Facilitator Certification Information**
- **Overview of NAFFA and the Suicide Prevention© Program**
- **Session 1: Introduction**
  - Introduction to the program
  - Define the purpose of life
  - Importance of Fatherhood and Motherhood
  - Sacredness and Sacrifice
  - Past Generations
  - Character and Integrity
  - Principle, Chaos vs. Order, Rules, and Obedience
- **Session 2:**
  - NAFFA's Core Principles
    - ◇ Creator
    - ◇ Choice
    - ◇ Teachable
    - ◇ Wisdom
    - ◇ Service
- **Lunch (On Your Own)**
- **Session 3:**
  - NAFFA's Three Pillars
    - ◇ Self-Worth
    - ◇ Personal Identity
    - ◇ Purpose
- **Break**
- **Session 4:**
  - The Creation of the Body and the Spirit
  - Nourishment for Survival of the Body (Air, Water, Food, & Rest)
  - Nourishment for Survival of the Spirit (Truth, Love, Peace, & Freedom)
  - Components of Truth, Love, Peace, & Freedom

## Day 2

- **Session 5:**
  - Premortal Life
  - Physical Death
- **Session 6:**
  - Definition of Suicide
  - Reasons People Attempt Suicide
  - Understanding What You Can Do



- **Lunch (On Your Own)**
- **Session 7:**
  - Suicide Prevention
  - Understanding the Reasons to Live
  - Safety of Our Children
- **Break**
- **Session 8:**
  - Examples of Stories of Attempted Suicide and Surviving Loved Ones

### **Day 3**

- **Session 9:**
  - Defining Trauma
  - Importance of Historical Trauma
  - Grief and Loss
  - Understanding Grief in Response to Suicide
  - Summary of Trauma, Grief, and Loss
- **Session 10:**
  - Importance of Hope and Families
- **Lunch (On Your Own)**
- **Session 11:**
  - Sharpening Tools
    - ◇ Attitude
    - ◇ Gratitude
    - ◇ Appreciation
    - ◇ Humility
    - ◇ Truth
    - ◇ Learning
- **Break**
- **Session 12:**
  - Healing and the Process of Healing
  - Types of Healing
    - ◇ Physical
    - ◇ Emotional
    - ◇ Spiritual
  - How to Trust in the Master Healer
  - Miracle of Forgiveness
  - Defining Gratitude and Humility