

Attempted Suicide Short Intervention Program

ASSIP

An innovative and highly effective brief therapy for suicidal patients – a complete treatment manual

Attempted suicide is the main risk factor for suicide. The Attempted Suicide Short Intervention Program (ASSIP) described in this manual is an innovative brief therapy that has proven in published clinical trials to be highly effective in reducing the risk of further attempts.

ASSIP is the result of the authors' extensive practical experience in the treatment of suicidal individuals. The emphasis is on the therapeutic alliance with the suicidal patient, based on an initial video-recorded narrative interview and the development of personalized safety strategies. The three therapy sessions are followed by continuing contact with patients by means of regular letters.

This clearly structured manual starts with an overview of suicide and suicide prevention, followed by a practical, step-by-step description of this patient-oriented treatment. It includes numerous clinical vignettes, handouts, and standardized letters for use by health professionals in various clinical settings.

"The field of clinical suicide prevention is exploding in terms of focus and research. Within this context, the "Attempted Suicide Short Intervention Program" (ASSIP) is perhaps the most significant innovation we have seen in the assessment and treatment of suicidal risk in the past decade. Developed by a superb team of clinician-researchers, this patient-centered approach is built on sound theory, clinical practice, and science. This is a landmark contribution and may well mark a fundamental shift in how we think about effectively intervening to help save lives of suicidal patients."

*David A. Jobes, PhD, Professor of Psychology, The Catholic University of America, Washington, DC, USA;
Past President, American Association of Suicidology*

"The Attempted Suicide Short Intervention Program (ASSIP) is a new and highly promising brief therapy that can be administered in addition to treatment as usual. ASSIP originated after many years of clinical practice and research by the authors, who were able to integrate their model with a truly international wealth of knowledge. ASSIP is a precious gift to all of us who fight against suicide."

*Professor Diego de Leo AO, Director, Australian Institute for Suicide Research and Prevention,
Griffith University, Mt. Gravatt, QLD, Australia*

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A Manual for Clinicians



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