

The Body Keeps the Checklist

# STOP THE SPIRAL

Train the Trainer Program

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# WHAT WE WILL TALK ABOUT

Purpose

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Program Overview

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Trainer Outcomes

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TTT Structure

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Trainer Guidelines

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Implementation Model for Orgs

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Q & A

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# PURPOSE

Equip facilitators to safely and effectively deliver the Stop the Spiral workshop while maintaining:

- fidelity to the core model
- psychological safety
- appropriate boundaries



# PROGRAM OVERVIEW

Format: 1-day (6–7 hours) or 2 half-days

Audience:

- peer support specialists
- therapists (optional use)
- community facilitators
- HR/wellness leads



# TRAINING OUTCOMES

By the end, trainers can:

- Teach Aviate → Navigate → Communicate clearly
- Facilitate the workshop without overstepping into therapy
- Recognize and respond to participant distress appropriately
- Maintain tone: human, grounded, non-shaming
- Use the duck + tools effectively as memory aids, not gimmicks



# TTT STRUCTURE 1/3

## MODULE ONE

### Philosophy & Boundaries:

- Core Doctrine
- Facilitator Role

## MODULE TWO

### The Model

- Aviate, Navigate, Communicate
- Why order matters, what happens when skipped

## MODULE THREE

### Teaching the Workshop

- Walk through full script
- Practice Segments
- Feedback Framework

# TTT STRUCTURE 2/3

## MODULE FOUR

### Managing the Room

- Common Scenarios
- Potential Responses

## MODULE FIVE

### Safety & Escalation

- When to refer to 988/911
- How to Handle Acute Distress

## MODULE SIX

### Tools & Materials

- Wallet Card
- Duck

# TTT STRUCTURE 3/3

## MODULE SEVEN

### Practice + Certification

- Evaluation Criteria
- Trainer Guidelines
- Language Anchors
- Red Lines

# MODULE ONE

## Philosophy & Boundaries

### CORE DOCTRINE

- No one spirals alone
- Do less, in the right order
- Stay alive for the next 5-10 minutes

### CRITICAL BOUNDARY STATEMENT

“This is a skills-based, non-clinical tool. It does not replace therapy or crisis care—it helps people access it.

### FACILITATOR ROLE

You are:

- a guide
- a translator
- a stabilizer

You are NOT:

- a therapist in this space
- diagnosing
- processing trauma

# MODULE TWO

## The Model 1/2

### AVIATE

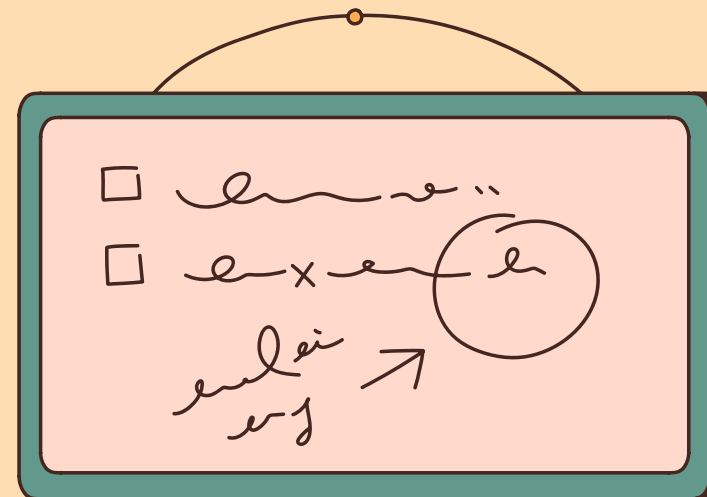
- task shedding
- physical stabilization
- reducing load

### NAVIGATE

- IMSAFE
- separating **system vs story**

### COMMUNICATE

- breaking isolation
- first true sentence
- imperfect outreach



# MODULE TWO

## The Model 1/2

Trainers must be able to explain:

- why order matters
- what happens if steps are skipped
- how people typically fail (delay communication)



# MODULE THREE

## Teaching the Workshop

### WALK THROUGH FULL SCRIPT

Trainers:

- observe you model it
- then practice delivering sessions

### PRACTICE SEGMENTS

- Opening (tone setting)
- Explaining the spiral
- Teaching one step (A/N/C)
- Leading the exercise

### FEEDBACK FRAMEWORK:

- clarity
- tone
- pacing
- safety



# MODULE FOUR

## Managing the Room 1/2 Common scenarios & responses

### PARTICIPANT VISIBLE DISTRESS

Trainer Response:

- slow down
- normalize
- offer grounding
- invite stepping out

Say:

“You’re welcome to step out or take a break. We can connect you with support if needed.”

### OVERSHARING/TRAUMA DISCLOSURE

Trainer Response:

- acknowledge
- gently redirect

Say:

“Thank you for sharing that. For today, we’re going to stay focused on the tools so everyone has something they can use.”

# MODULE FOUR

## Managing the Room 2/2 Common scenarios & responses

### RESISTANCE/SKEPTICISM

Trainer Response:

- validate
- keep it practical

Say:

“Totally fair. Try it once—if it helps even 5%, that’s enough.”

### SILENCE/DISENGAGEMENT

Trainer Response:

- don’t force
- keep moving
- offer low-pressure participation

# MODULE FIVE

## SAFETY & ESCALATION

This is non negotiable for orgs

### TRAINERS MUST KNOW:

When to refer to **988/911**

how to handle:

- suicidal statements
- acute distress

### STANDARD LANGUAGE:

“I’m really glad you said something. Let’s connect you with someone who can support you more directly.”

### RULE:

***Facilitators do not hold crisis alone.***

- Always escalate to:
- site staff
  - crisis resources

# MODULE SIX

## Tools & Materials

### WALLET CARD:

How to explain it:

- memory aid under stress
- not a checklist to “get right”



### DUCK

How to frame it:

“The duck is pilot monitoring —it helps you remember, not decide.”



### KEY:

Avoid gimmick energy → keep it purposeful

# MODULE SEVEN

## PRACTICE + CERTIFICATION

Each trainee:

- Delivers a 10-15 min segment
- Receives feedback

### EACH TRAINEE

Delivers a 10-15 min segment

Receives feedback

### EVALUATION CRITERIA:

clear explanation of AN-C

appropriate tone

maintains boundaries

handles questions safely

# TRAINER GUIDELINES

## MUST INTERNALIZE

### Use:

- calm
- direct
- lightly human

### Avoid:

- clinical jargon
- inspiration cliches
- over-intensity

Language  
Anchors

### Trainers should repeat:

- “Fly the plane”
- “Do less, in the right order”
- “No one spirals alone”
- “Earlier is easier”
- “First true sentence”

### Red Lines (IMPORTANT)

### Do NOT:

- provide therapy
- interpret trauma
- promise outcomes
- discourage professional help

# IMPLEMENTATION MODEL FOR ORGANIZATIONS

What we offer:

1. **TTT Program**

- Train internal staff

2. **Pilot Rollout**

- 1-3 workshops

3. **Feedback Loop**

- participant feedback
- facilitator debrief

