

**ROCKY MOUNTAIN REGION
DISASTER MENTAL HEALTH INSTITUTE**



Learning From The Past and Planning For The Future

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COURSE DESCRIPTIONS

CISM: Group Crisis Intervention

Instructor: Nancy Rich, M.A., LPC, C.T.S.
Location: Holiday Inn, Casper, WY
Dates: November 10-11, 2005

The CISM: Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The two day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after large scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The CISM: Group Crisis Intervention course specifically prepares participants to provide several of these interventions, specifically demobilizations, defusings and the CISD. The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multi-component crisis intervention strategy, which is discussed in this course. The CISM: Group Crisis Intervention course is designed to specifically teach crisis intervention and Emergency Mental Health skills such as demobilizations, defusing, and CISD. At the completion of this course, participants will be able to : Define stress, CIS, and PTSD; List the 10 basic interventions of CISM; and Define and describe in detail the CISM group processes of Demobilizations, Defusings, and Debriefings. (14 Contact Hours; Completion of The CISM: Group Crisis Intervention class and receipt of a certificate indicating full

attendance (14 Contact Hours) qualifies as a CORE class in ICISF's Certificate of Specialized Training Program.

Tentative Schedule:

Day 1:(8:30 a.m. - 5:00 p.m.)

- General, cumulative, critical incident stress and PTSD
- High risk populations: emergency services, military, other
- 'Critical Incidents' - death, injury, threat, terror, etc.
- Critical Incident Stress Management (CISM) fundamentals
- Core intervention tactics
- Demobilization
- Defusing of small groups

Day 2:(8:30 a.m. - 5:00 p.m.)

- Defusing Demonstration
- Essentials of group intervention, Critical Incident Stress Debriefing (CISD)
- Assessing the need for CISD
- Factors which enhance CISD success
- Question / Answer

CISM: Advanced Group Crisis Intervention

Instructor: Patricia Tritt, RN, MA
Location: Holiday Inn, Casper, WY
Dates: November 10-11, 2005

The Advanced CISM Group Crisis Intervention training program has been designed to provide participants with the latest information on critical incident stress management techniques and post-trauma syndromes. The program emphasizes a broadening of the knowledge base concerning critical incident stress interventions as well as Post-Traumatic Stress Disorder which was established in the basic program and/or in publications. At the conclusion of this educational program the participants will have been exposed to specific, proven strategies to intervene with those suffering the ill effects of their exposure to trauma. The emphasis will be on advanced defusings and debriefings in complex situations.

The CISM: Advanced Group Crisis Intervention training has been developed for EAP, human resources and public safety personnel, mental health professionals, chaplains, paramedics, firefighters, physicians, police officers, nurses, dispatchers, airline personnel and disaster workers who are already trained in the critical incident stress debriefing format. It will also be useful for those who are working extensively with traumatized victims from various walks of life. *(14 Contact Hours; Completion of The CISM: Advanced Group Crisis Intervention class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a CORE class in ICISF's Certificate of Specialized Training Program.*

Tentative Schedule:

Day 1:(8:30 a.m - 5:00 p.m.)

- Nature of Human Stress
- Stressors, Traumatic Stress
- Symptoms of Excessive Stress
- Stress-related Diseases
- Stress Management
- Recovering from Excessive Stress
- Nature of Post-Traumatic Syndromes and PTSD
- Early Warning Signs and Symptoms of Post-Traumatic Stress
- PTSD versus Discipline Problem
- Responding to Post-Traumatic Stress in Others -Management Reaction, Peers' Reaction, Referral
- A Rationale for CISD
- Why CISD Works

- Role of CISD in Prevention of PTSD
- Current Thinking on Critical Incident Stress Management (CISM)
- CISD versus Psychotherapy

Day 2:(8:30 a.m - 5:00 p.m.)

- Basic Changes in CISM
- Spouse Education
- Significant Others as Team Members
- Supporting the Emergency Services Family
- Expanded Role of Peer Support Personnel
- Preserving CISM Team Members
- Lessons Learned from CISM
- Difficult Debriefings
- Multiple Line of Duty Death
- Symbolic Debriefings
- Multiple Incident Debriefings
- Comprehensive CISM approach to complex situations
- CISM in Disasters

CISM: Individual Crisis Intervention and Peer Support

Instructor: George W. Doherty

Location: Casper, WY_

Dates: November 10-11, 2005

Crisis intervention is NOT psychotherapy. Rather it is a specialized acute emergency mental health intervention which requires specialized training. As physical first-aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first-aid." Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. The audience for this class includes both emergency services, military, and business/industrial peer support personnel without formal training in mental health, as well as mental health professionals, who desire to increase their knowledge of individual (one-on-one) crisis intervention techniques.(13 Contact Hours)

Please note that this is a two day class. The topics listed below will be covered over the course of two days.

Day 1:(8:30 a.m - 4:30 p.m.)

- The concept of CISM as a comprehensive crisis intervention program
- The role of the individual crisis intervention in the comprehensive CISM program
- Terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention
- Differential utilities of selected crisis communication techniques
- Demonstration of selected crisis communication techniques
- Psychological reactions to crisis and trauma

- SAFER protocol for individual crisis intervention and its role in comprehensive CISM
- Demonstration of the use of SAFER protocol for individual crisis intervention
- Review of common problems encountered while working with individuals in crisis

Day 2:(8:30 a.m - 4:30 p.m.)

- See the Day 1 list of topics. Day 2 will continue where Day 1 finished.
- Day 2 will also include an exercise.