

ROCKY MOUNTAIN REGION DISASTER MENTAL HEALTH INSTITUTE



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Learning from the past and planning for the future

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SWEETWATER ASSIST CISM TEAM
AND
ROCKY MOUNTAIN REGION
DISASTER MENTAL HEALTH INSTITUTE

Presents

CISM WORKSHOPS

June 14-17, 2010

**District Fire station Headquarters'
training room, located at exit 103 and
I-80 (3010 College Dr.
Rock Springs, Wyoming**

BEING THERE WHEN IT COUNTS

ROCKY MOUNTAIN REGION DISASTER MENTAL HEALTH INSTITUTE

MISSION:

The Rocky Mountain Region Disaster Mental Health Institute is an independent, nonprofit, 501(c) (3) corporation whose mission is to promote the development and application of practice, research, and training in disaster mental health, Critical Incident Stress Management, traumatology and other emergency response interventions and the promotion of community awareness, resilience and recovery. This includes hazards vulnerability and mitigation research, planning and training for first responders, mental health professionals, chaplains and related personnel.

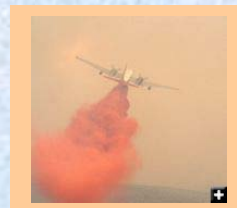
PURPOSE:

The purpose of the Institute is to provide a forum for presentation of research results, education, training and consultation in Disaster Mental Health Services (DMHS) and Critical Incident Stress Management (CISD/CISM), advances in delivery of DMHS and CISD/CISM, discussion and sharing of information, ideas and plans, development of a DMHS and CISD/CISM research and service delivery network, presentation of Continuing Education training for mental health professionals, first responders and chaplains, training for newly recruited DMHS and CISD/CISM volunteers and first responders, and publication of program proceedings and papers as appropriate for dissemination to DMHS and CISD/CISM professionals and first responders locally, regionally and nationally.

SIGNIFICANCE:

Mental Health Services before, during and following disasters, critical incidents, crises, and terrorist activities are becoming an integral part of disaster and critical incident preparedness, mitigation, response, and follow-up. Disaster Mental Health Services is a relatively new field which has expanded significantly within the past ten years. Critical Incident Stress Debriefing and Critical Incident Stress Management have been around since the early 1980s. In order to continue to grow and meet identified needs, both will require continued development as well as focused research and training. Research will help identify how Mental Health Services can best be utilized as well as how relevant changes need to be made in practice. Networking and sharing experiences can also help develop resources.

The long-term goal includes training emergency Disaster Mental Health teams and CISM teams to conduct interventions for corporations, states, municipalities and rural communities in the Rocky Mountain region and to evaluate their effectiveness in reducing the effects of trauma on first responders and others as well as affected communities and organizations.



WYO CISM TRAINING



Training For Critical Incident Responders In the Rockies

Rocky Mountain Region Disaster Mental Health Institute,
And
Sweetwater Assist CISM Team

LOCATION: Trainings will be held at the District Fire station Headquarters' training room, located at exit 103 and I-80 (3010 College Dr.)

DATES: June 14, 2010-June 17, 2010 Trainings will be held daily from 08:00 to 17:00 hours.

COURSES: June 14- June 16 - Combined Peer and Group CISM
June 17 - Pastoral Crisis Interven

REGISTRATION:

NAME: _____

ORGANIZATION: _____ POSITION: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____ CISM Team Member: Yes _____ No _____

If not Team Member, are you interested in joining? Yes _____ No _____

Registering for the following Course(s): Individual/Peer (\$125) _____

Pastoral Crisis Intervention (\$50) _____

TOTAL COST: _____

Make checks payable to **RMRDMHI** If paying by credit card, go to the following secure site and pay through PayPal online: <http://www.rmrinstitute.org/RS2010.html> If any questions, please call **307-399-4818**.

MAIL REGISTRATION TO: Rocky Mountain Region
Disaster Mental Health Institute,
Box 786
Laramie, WY 82073-0786

Brief Course Descriptions

COMBINED INDIVIDUAL/PEER and GROUP

Instructor: George W. Doherty, MS, LPC [BIO](#)

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 or psychological 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 specific protocols for, individual and group interventions. 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) and group crisis intervention techniques. Please note that this is a two day class. The topics listed below will be covered over the course of three days. Emphasis will include how this model relates to and is used in rural areas of the western frontier states. **CONTACT HOURS - 21**

Day 1

(8:00 a.m – 4:30 p.m.)

- The concept of CISM as a comprehensive crisis intervention program
- The role of 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 it's role in comprehensive CISM
- Review of common problems encountered while working with individuals in crisis

Day 2 8:00 a.m. – 4:30 p.m.

Day 2 is designed to teach participants the fundamentals of and specific protocols for individual and group interventions and increase Emergency Mental Health skills and to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The second day 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 group large scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The “Group Crisis Intervention” portion specifically introduces and 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.

- General, cumulative, critical incident stress and PTSD
- Core intervention tactics
- Demobilization
- Defusing of small groups
- Defusing Demonstration
- Essentials of group intervention, Critical Incident Stress Debriefing (CISD)
- Assessing the need for CISD
- Factors which enhance CISD success

Day 3

8:00 a.m. – 4:30 p.m.

Day 3 is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, Group Crisis Intervention will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

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; List at least four fundamental principles of crisis intervention; Describe common psychological symptoms after trauma; Demonstrate crisis communication techniques; and List risk factors for suicide.

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- “Resistance, resilience, recovery” continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)

PASTORAL CRISIS INTERVENTION

Instructor: Chaplain Bob Rudichar [BIO](#)

Pastoral Crisis Intervention may be thought of as the combination of faith-based resources with traditional techniques of crisis intervention. Pastoral crisis intervention represents a powerful addition to traditional community and organizational psychological support resources. The purpose of this two-day course is to assist the participants in learning how pastoral interventions and traditional psychological crisis interventions may be effectively integrated.

Chaplains, pastoral counselors, mental health professionals, ministers, and anyone interested in the use of faith-based resources in healing should find this course of interest.

Contact hours: 8

- Nature of human crisis
- Nature of crisis intervention
- Critical Incident Stress Management (CISM)
- Signs and symptoms of the crisis state
- The “crisis of faith”
- Criteria for psychological triage
- Strategic SAFER-PCI Model
- Common PCI Mistakes
- Challenging PCIs

Who should attend?

Both these classes have been approved, and are excellent for first responders who want to understand and learn more about Critical Incident Stress debriefings and how to minimize Critical incident Stress. Trainings are directed to First Responders, but not limited to Emergency Management, EMS, Ambulance services, Firefighters, Hospital personnel, counselors, clergy, DFS, Search and rescue, dispatchers or anyone who could be involved in an incident that may cause emotional trauma to the person. Also this year we have a special one day class “Pastoral Crisis Intervention”, which will teach CISM from a clergy viewpoint.

CONTINUING EDUCATION

*****Wyoming P.O.S.T. certified training in S.W. Wyoming*****

Approved C.EU’s for Mental Health Professionals
and Approved C.ME’s for EMS personnel

Please forward this brochure to any first responders or clergy in your area that might be interested and benefit from this training.

**To register or for further information about these trainings, please contact:
George Doherty at 307-399-4818, email at RMRDMHInstitute@wyoming.usa.com
or; Sgt. Randy Hanson (Rock Springs P.D.) @ 307-352-1575**