

## 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.)

- Crisis intervention concepts
- Review of crisis intervention
- Review of critical incident stress interventions
- Traumatic stress and compassion fatigue
- Critical incident stress debriefing
- Dissection of a debriefing
- Keys to successful interventions
- Debriefing role-play
- Mechanism of action
- CISM research and outcomes

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

- Posttraumatic stress syndromes
- Most difficult interventions
- Biggest CISM challenges
- Multiple event CISD
- Significantly delayed interventions
- Line of duty death
- Disaster/mass casualty
- Team maintenance
- CISM and children
- The suicide debriefing
- Grief and loss
- Cases

# CISM: Individual Crisis Intervention

Instructor: George W. Doherty, M.S., LPC

Location: Holiday Inn, 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.

*(14 Contact Hours;* Completion of the CISM: Individual 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. Please note that this is a two day class. The topics listed below will be covered over the course of two days.

## Tentative Schedule:

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

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

- SAFER protocol for individual crisis intervention and it's 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 will also include an exercise.

