

PRESENTATIONS

•Sarah Gundle, PsyD

Using poetry to treat trauma: A group approach

War and national disaster harm everyone they touch. Poetry reminds us of the uncertainty we live with and it allows one to make meaning of that uncertainty. This presentation will describe the many uses of poetry and its importance and relevance during national disasters. The format of the presentation will be two-fold. It will present findings from the Poetry and Trauma group conducted at the Women's Health Project, a clinic for women with PTSD in New York City and it will describe how to run such groups for people who have lived through disasters and traumas. The approach will be active and participatory and will include specific approaches, lesson plans, poetry used, and examples of patients' work.

•David Smith

The Gatekeeper Program, Saving One Life

The Rocky Mountain Region continues to have some of the highest suicide rates in the United States. The Gatekeeper program is designed to educate professionals and lay people alike about the facts myths and stigmas associated with suicide so as to better prepare all individuals to intervene. It is the goal of the Mental Health Task Force in Laramie, Wyoming, to provide this program to reduce suicides by referring people who are at risk for mental health services.

•Nancy Day

Transforming trauma into personal growth with TIR

Traumatic Incident Reduction (TIR) is a highly focused, repetitive desensitization procedure, directive and controlled, yet at the same time, wholly person-centered, non-interpretive, and non-judgmental. It is a tightly scripted procedure that provides client-mediated exposure and leads, more often than not, to spontaneous client-generated insight, personal growth, and empowerment. The procedure is best known for its use as an effective tool for use in the rapid resolution of trauma-related conditions, including Post-Traumatic Stress Disorder (PTSD). A partial list would include adjustment disorders, acute stress, traumatic bereavement, mood disorders, anxiety disorders, somatoform disorders, sexual abuse, and phobias. This talk will discuss and illustrate the fundamentals of TIR. Attendees will be introduced to Basic TIR, Thematic TIR and the Thirteen Rules of Facilitation.

•Lt. Stewart Anderson

Tsunami response - A personal perspective

This presentation will include information on a small piece of the recovery efforts of a very large event and a personal perspective on some of the native Thais and the effect on them.

•Sheryl L. Brickner, PhD, LPC, LAC, RPT/S &Carol Nordlander

Critical Incident Debriefing with Children

Children process traumas and disasters differently than adults and need a method of debriefing that is more than just talking about the incident. This workshop will address developmental needs and practical methods for debriefing children.

•Kevin Furlong

Natural Disasters in the Classroom: Hollywood versus Reality

Natural disaster movies produced by Hollywood can be used to motivate students into thinking more deeply about the causes, consequences, and potential for mitigation of natural disasters. Combining excerpts from these movies with examples of real world disasters and student research into impacts, we are engaging students in the issues of natural hazards. The result is 'must-take' course that helps develop students with a lifelong interest and appreciation for the impact of hazards in their lives.

•Patricia Justice

Cross-cultural Intervention Techniques Post-Tsunami

The psychological impact of disaster has an effect on everyone involved, particularly for survivors whom cannot begin to speak of the horror and loss which has devastated most of their lives. What is needed and how do we provide it?

•Jason Maffia, M.A., B.C.E.T.S.

Compassion Fatigue: The Cost of Caring

The emotional aspects of traumatic events are often ignored in professional helpers who are involved in intervention immediately after and following a disaster with victims of emotional trauma. There is a growing body of theoretical and empirical literature that recognizes that engaging in therapeutic work with trauma survivors can and does impact the professional involved. It explores a theoretical model that accounts for and predicts the emergence of compassion stress and compassion fatigue among professionals working with traumatized people and to explicate the principals associated with accurate diagnosis, assessment, research, treatment and prevention of compassion fatigue.

•Jim Hussey

Tsunami Response in Sri Lanka Creating a Compassionate Presence

Discover how to refine your ability to be completely present for another human being. Learn a new language of communicating that creates heart-felt connection and eliminates judgment, criticism, and blame. An highly experiential workshop meant to give you a new skill set for working with and being with others.

• John Durkin

Stress Debriefing: Helpful or Harmful?

Stress debriefing following critical incidents has been challenged as an effective crisis-intervention tactic following a series of studies carried out in the United Kingdom under the Cochrane Review. One conclusion suggested that debriefing may even be harmful. Despite references to Mitchell's (1983) original formulation, Critical Incident Stress Debriefing (CISD) has been generalized in the studies to describe a variety of unspecified interventions and categorized as 'psychological debriefing'. Given the specific role of CISD within a comprehensive crisis intervention framework, the implications of employing a discredited component within that framework appear potentially serious. The consequences of the research for the future of crisis-intervention and the treatment of post-traumatic stress disorder will be highlighted and discussed.

PRESENTERS

•Sarah Gundle, PsyD

Sarah Gundle is an Israeli-American who received her doctorate from the Wright Institute in 2003. She is currently a supervising psychologist at St. Luke's Roosevelt Hospital in New York City. Dr. Gundle has worked as a psychologist within the field of trauma since 2000 and has held positions at the VA in San Francisco, and the Women's Health project at St. Luke's Roosevelt. Prior to becoming a psychologist, Dr. Gundle worked at the UN and at Defense for Children International in Israel where she researched and collaborated on a number of projects related to trauma, war and national disaster.

•David Smith has spent the last 22 years in law enforcement at the Laramie Police Departmetn. He is a member of the Mental Health Task Force Albany County anda peer coordinator of the Snowy Range Critical Incident Stress Management Team. He is a member of the International Critical Incident Stress Foundation and serves onthe Board of Directos fo the Rocky Mountain Region Disaster Mental Health Institute.

•Nancy Day is a Certified Trauma Specialist with the Association of Traumatic Stress Specialists. Her specialized training and experience in Traumatic Incident Reduction (TIR) and related techniques enables her to provide trauma sufferers a unique experience unlike conventional therapy for the rapid resolution of a wide array of trauma-related conditions including Post-Traumatic Stress Disorder. As a Certified Trainer with Applied Metapsychology International, Nancy also provides professional skills training in TIR and related techniques, with approved continuing education credits for psychologists (APA) and for social workers (NASW).

•Lt. Stewart Anderson is Natrona County Emergency Manager, division of the Sheriff's Office. Adjunct instructor for State of Wyoming Emergency Management, Wyoming Law Enforcement Academy, Wyoming Fire Academy, Casper Community College, South Dakota Office of Emergency Management. Contract employee for Kenyon International Disaster services under which worked the anniversary memorial event for Egypt Air 990 air disaster in Rhode Island held October 2000, New York Terrorist Attack in September 2001, US Airways flight 5481 anniversary and DOD flight crash, and tsunami response in Thailand February 2005. Certifications in the following areas: WY P.O.S.T. General Instructor, EMT-B, Certified Professional Peace Officer, Completed FEMA PDS courses, IF-STA Hazardous Materials Technician, Rescue Diver, EPA Emergency Response to Hazardous Materials, CERT coordinator for Natrona County.

•Sheryl L. Brickner, PhD, LPC, LAC, RPT/S has 25 years experience as a therapist and an educator. She is a certified instructor for the Traumatology Institute and is passionate about preventing and treating compassion fatigue. Sheryl has worked with severe trauma for 15 years and has been on call for critical incident debriefings for the last 6 years. "I'm kind of a health nut and love to dance, sing, and laugh." She believes self care is essential to any one in the helping field. Her warmth and humor contribute to the learning experience in her classes.

•Carol Nordlander is a Licensed Professional Counselor who grew up in a military family while traveling all over the world. Because she is certified to teach Kindergarten through high school in both special education and gifted education, she felt comfortable raising her two children overseas while she and her husband were involved in humanitarian work in Asia. Carol currently has a private counseling practice in Denver where she focuses on individual and family issues among people working with global organizations. Carol's passion is to empower people to engage their spiritual resources and personal strengths in order to attain inner healing and growth.

•Kevin Furlong is professor of Geosciences at the Pennsylvania State University. He is director of the Natural Hazards Center and has been recognized across the university for his educational and research activities including a suite of innovative courses addressing issues in Natural Hazards.

•Patricia Justice is a BACP Senior Registered Practitioner who specialises in Trauma and has been involved in many UK and International critical incidents publishing several associated papers - in particular her experience with diverse cultures gives her a unique perspective for her ongoing work, currently with Tsunami survivors.

•Jason Maffia, M.A., B.C.E.T.S. holds a Masters Degree in Psychology as well as the designation of Board Certified Expert in Traumatic Stress, Diplomat, American Academy of Experts in Traumatic Stress. Mr. Maffia is also Board Certified in Emergency Crisis Response, Certified in Acute Traumatic Stress Management and Certified in Health Counseling. Jason is currently a volunteer member, mental health professional and team coordinator with the Regional EMS Council of New York City Critical Incident Response Team, as well as a mental health professional and team leader with the Nassau County Critical Incident Stress Management Team. Jason also serves as the Mental Health Professional with both the City Crisis Team of New York and St.Vincients Catholic Medical Center Critical Incident Stress Management Team. As a member of these teams, Jason has provided Individual crisis intervention, debriefing, defusing, demobilization sessions, and crisis management briefing for fire services, EMS and pre hospital care providers affected by tragedy or disaster.

•Jim Hussey, LPC is a practicing psychotherapist and trainer, devoted to creating harmonious relationships and restoring joy to human connections. He specializes in trauma and has also taught meditation for 30 years.

• John Durkin is a former-firefighter, medically retired with PTSD. Now as a psychologist and trainer in Critical Incident Stress Management (CISM) in the UK he brings his real-world experience to his academic appreciation to enhance progress in alleviating critical incident stress in emergency services personnel.

ACCOMMODATIONS

Holiday Inn, Rocky Mountain Park, Estes Park

The rate is \$79 until October 1, 2005.

Phone: 1-970-586-2332 • Fax: 970-586-2038

Address: P.O. Box 1468 • 101 South St. Vrain Ave.

Estes Park, CO 80517

Each Conference attendee needs to call the Holiday Inn directly at (970) 586-2332 to reserve their own room. The group name (RM REGION DISASTER) must be identified at the time of booking. The deadline for the discounted rate is October 1, 2005. Individuals pay deposits and balances directly to the Holiday Inn-Rocky Mountain Park.

You may also book online at <http://www.ichotelsgroup.com/h/d/holi/hd/eseco>. Once on the reservation screen, type in the conference identity code of "SYM" in the Group Booking Code box. The reservation may be completed at this time.

TRANSPORTATION INFORMATION

ESTES PARK SHUTTLE

The company that does the daily transportation between DIA and Estes Park is called Estes Park Shuttle. They can be reached at 970-586-5151 or on-line at <http://www.estesparkshuttle.com> Be sure to make reservations early.

DENVER INTERNATIONAL AIRPORT CAR RENTALS

<http://www.usairportparking.com/denvercarrental.htm>

DIRECTIONS AND MAP OF ESTES PARK

<http://www.mapquest.com/maps/map.adp?city=Estes%20Park&state=CO>

SOCIAL ACTIVITIES

Thursday Reception/ Cash Bar / Hors d'oeuvres

Tonight we'll head back to the 1800's with Ol' Ramrod, fur trapper, trader and marksmen --to name a few of his talents. You'll hear tales from his Mountain Man days starting with the Lewis and Clark expedition, moving on to the California gold rush and concluding with the formation of the transcontinental railroad. Relive the history of the 19th century and how the west was won through this educational and entertaining program. Plus he'll bring in a few artifacts from that time period for everyone to see.

Friday Dinner

We've created a monster! Actually many many monsters are awaiting your arrival in our haunted forest at Aspen Lodge. Have a Halloween inspired dinner in the haunted, Ptarmigan Lodge, then join us in the morgue around the campfire. Horse drawn wagon rides will lead you into our darkened forest filled with ghosts, goblins, and scary ghouls. After the ride, sit by the fire, roast some marshmallows and wait to see if all your friends made it out of the woods. We will be waiting for you....

AREA ATTRACTIONS AND INFORMATION

ESTES PARK FACTS

<http://www.rhvresort.com/estes.htm>

ESTES PARK CONVENTION AND VISITORS BUREAU

<http://www.estesparkcvb.com/>

ESTES PARK TOURISM BOARD

<http://www.estes-park.com/index.html>

PLEASE PRINT AND RETURN TO: RMRDMHI, P.O. BOX 786, LARAMIE, WY 82073-0786

NAME: _____

ADDRESS: _____

CITY: _____

ST: _____

ZIP: _____

Ph: H: _____

W: _____

email: _____

Early Bird Fees: \$275 for full conference (before Oct 1st)

\$110 for Students for full conference

\$100 for single day (Hayride & Dinner extra for single day registration)

Late Registration or onsite Fees: \$325 full conference • \$130 for students for full conference

\$120 /single day (Hayride & Dinner extra for single day registration)

Aspen Lodge Scary Hayride & Dinner (Transportation Provided)

Full Conference Fees include lunch, breaks, Thursday evening Reception (with visit and presentation from 19th century Fur Trapper "Ol' Ramrod"), and Friday evening Scary Hayride and Dinner at Aspen Lodge

To register by phone and/or to be placed on the mailing list for the conference brochure or any questions, please call: 307-399-4818

For conference content questions, email: rockymountain@mail2emergency.com Register online at www.rmrinstitute.org/Estes-Conference.html

Please enclose full payment with registration form. Check method of payment .

If paying by Credit Card, please go to website (<http://www.rmrinstitute.org/register.html>) and pay by PayPal.

_____Check for \$ _____(To RMRDMHI) _____if paying by PO or Voucher, please make out to RMRDMHI.

Pre Conference Workshops

\$150 CISM - Peer

\$90 Compassion Fatigue Educator

\$150 Creating Peaceful Presence

\$150 CISM - Group

\$75 CIT

Post Conference Workshops

\$400 TIR (before 9/23)

The Rocky Mountain Region
Disaster Mental Health Institute
Learning from the Past and Planning for the Future

PRESENTS

NATIONAL DISASTER
MENTAL HEALTH
CONFERENCE

OCTOBER 20-22, 2005
ESTES PARK, COLORADO

Disaster Mental Health, Crisis Interventions and Critical
Incident Stress Management:
Current Status and Future Directions



Sponsored by:
Rocky Mountain Region
Disaster Mental Health Institute
www.rmrinstitute.org/Estes-Conference.html

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MENTAL HEALTH INSTITUTE
PO BOX 786
LARAMIE, WY 82073-0786
www.rmrinstitute.org/rocky.html
rockymountain@mail2.emergency.com
Cell: 307-399-4818

TABLE TOP DISCUSSIONS

Table Top Discussions are an informal time of roundtable discussions and networking opportunities. These discussions help people, connect with each other, and share ideas, information, or experiences. Each Table will have a different discussion topic to focus on and a limited number of participants. Attempts will be made to have at least one person at each table who has experience in that topic area. Some Tables will be presented with problems and/or scenarios to address. Each Table will be asked to take notes and provide these to the Conference Chair at the conclusion to be printed and sent to conference participants. Plan to be part of these lively and informative discussions.

■ *Topic Areas for Tables will include:*

- Discussions about addressing pre-disaster training and exercises;
- Mitigation efforts;
- Hurricane preparation, response and follow-up;
- Tsunami response and preparation;
- Aftermaths of tornadoes;
- Dealing with terrorist threats with children;
- Preparation for terrorist activities;
- Responses to terrorism;
- How to respond to returning military personnel;
- CISM/CISD as ongoing activities with first responders and victims;
- Follow-up after critical incidents;
- Preparation and responses in earthquake-prone environments;
- Preparation and responses to volcanic activity and related geological activities;
- Training activities for responders and mental health personnel;
- Public health-related disaster preparation and response;
- The role of mental health professionals before, during and following disasters, terrorist acts, biological emergencies, critical incidents, etc.;
- Follow-up activities for first responders, mental health professionals, victims, and the general public;
- Preparation and responses to hazmat emergencies; preparation, response and follow-up to mass casualty incidents;
- Resilience and remediation of trauma;
- Others.

MINI-WORKSHOPS and SEMINARS

This year the conference features a number of Mini-Workshops and Seminars. Also offered are five pre-conference workshops (additional fees) and a post-conference workshop (additional fee). Each of the workshops and seminars are conducted by experts in the field. Mini-Workshops and seminars are included within the conference registration fee. Designations and descriptions are under the title "Presenters" on the other side of brochure. Mini-Workshops and Seminars scheduled at time of printing are listed, for current list visit the web page, www.rmrinstitute.org/Estes-Conference.html.

PRE-CONFERENCE WORKSHOPS

Enrollments for the pre- and post-conference workshops are limited, so register early to reserve your place.

CISM: Individual Crisis Intervention and Peer Support INSTRUCTOR: George W. Doherty

October 17-18 Two Days \$150
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)

Compassion Fatigue Educator
INSTRUCTOR: Sheryl Brickner, PhD, LPC, LAC, RPT/S
October 19

One Day \$90

This 7 hour course meets the Academy of Traumatology requirements for certification as a Compassion Fatigue Educator. It is designed to help the student prepare to educate professionals who are at risk for compassion fatigue and secondary traumatization. The course focuses on a comprehensive overview of the work-induced, secondary traumatization. The mission of the course is promoting wellness. Students are expected to participate in the class exercises and engage in discussions. (7 Contact Hours)

Creating a Peaceful, Compassionate Presence
INSTRUCTOR - Jim Hussey

Two Day \$150

October 18-19
This two day workshop is designed to give participants practical, understandable tools to center in on their inner presence and create a safe environment to give empathy. In addition to teaching a model of compassionate communication, based on the work "Non-Violent Communication" by Dr. Marshall B. Rosenberg, Jim will offer experiential exercises to expand your capacity to be present for another.

CISM: Group Crisis Intervention
INSTRUCTOR: John Durkin

Two Days \$150

October 18-19
The CISM: Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multicomponent 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 multicomponent 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; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 16.8 Nursing Hours; OR 1.4 general CEUs from UMBC)* 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.

CIT: Crisis Intervention Training for Disaster Workers

George W. Doherty

October 18-19

One Day \$75

The purpose of this course is to provide training for mental health professionals who work with victims of disaster related stress and trauma. This workshop prepares the disaster mental health professional to relate with disaster victims and co-workers. The warning signs and symptoms in both disaster victims and workers are explored together with stages, strategies and interventions for recovery. No prior psychological training in Disaster Mental Health is assumed or required. This course is designed to help participants identify appropriate methods for activating Disaster Mental Health Crisis Intervention Teams (CIT) for disaster mental health services for victims, co-workers, and self.

POST-CONFERENCE WORKSHOP

Traumatic Incident Reduction

INSTRUCTOR: Nancy Day, CTS, CTM

Four Days \$400

\$100 deposit required by 9/23 - late registration \$450

For further information and workshop description, go to <http://www.rmrinstitute.org/TIR-Brochure.pdf> To register for this workshop online, go to <http://www.rmrinstitute.org/TIRR.html> Space is limited. Register Early .

Certificate of completion will be presented. For CE information visit the web page for updated contact hours.

For Conference Agenda and Times to to: www.rmrinstitute.org/Estes-Agenda.html