

# WYO CISM NET



Training For Critical Incident Responders In the Rockies

Sponsored by  
Sweetwater Assist CISM Team  
and  
Rocky Mountain Region Disaster Mental Health Institute

**LOCATION:** Western Wyoming Community College – Rock Springs, WY

**DATES:** June 15-19, 2009

**COURSES:** **June 15-17** – Combined Individual/Peer Crisis Intervention and Group Intervention

COST: \$150/person

**June 18** – AWR160 – Weapons of Mass Destruction Awareness and ID – **No Fee**

**June 19** – CISM Exam and Certification

COST: \$50/person

## 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):**

- Combined Individual/Peer and Group (\$150) \_\_\_\_\_
- AWR160 – Weapons of Mass Destruction Awareness and ID –  
See information and Course Description below (No Fee) \_\_\_\_\_
- CISM Exam and Certification - COST: \$50/person \_\_\_\_\_

**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/rs.html> If any questions, please call 307-399-4818. MAIL TO: Rocky Mountain Region Disaster Mental Health Institute, Box 786, Laramie, WY 82073-0786

**Brief Course Descriptions**

Combined INDIVIDUAL/PEER and GROUP

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 two days.

**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 a specific protocols for individual and group interventions and increase Emergency Mental Health skills and to present the core elements of a comprehensive, systematic and multicomponent 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 multicomponent 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)

**Contact Hours: 21**

**POST Credit for Combined Workshop and for AWR160**

## **AWR160 Weapons of Mass Destruction Awareness**

**To review the Course Description and other related information, go to:**

**<http://www.wleacademy.com/HLS/courseinfo/AWR-160%20CourseDescription.pdf>**

**Please send in above registration as soon as possible so we can confirm the number of participants.**