

CRITICAL INCIDENT STRESS MANAGEMENT: GROUP CRISIS INTERVENTIONS

Accredited by the International Critical Incident Stress Foundation and the University of Maryland

This course is aimed at first responders working within an organisation who may be called on to provide immediate psychological support to groups and individuals

Training Objectives

On successful completion of the workshop, students will be able to:

- Understand key crisis intervention history, concepts and principles
- Discuss the resistance, resiliency, and recovery model
- Understand the physiological and psychological response during a traumatic incident
- Understand the later signs and symptoms of post traumatic stress as adaptive responses
- Be able to differentiate between normal and abnormal reactions to trauma, including chronic conditions
- Describe mechanisms to avoid risks in crisis intervention
- Discuss key points in the development of a strategic plan
- Summarize the common crisis intervention tactics for crisis and disaster events
- Define Rest Information Transition Services (RITS) as used in the CISM process
- Describe a respite centre and family assistance centre
- Describe a Crisis Management Briefing (CMB)
- Participate in developing or presenting a CMB
- Describe the defusing process
- Participate in a simulation of a defusing
- Define the Critical Incident Stress Debriefing (CISD)
- Discuss the appropriate indications and uses of the CISD process
- Participate in a simulation of a CISD

Day one	
9 – 10.30	Introductions Key terms and definitions The trauma response
<i>10.30 – 10.45</i>	<i>Morning Break</i>
10.45 – 11.45	Reactions to critical incidents Providing psycho-education
11.45 – 12.30	Rest, Information and Transition Services RITS practice
<i>12.30 – 13.30</i>	<i>Lunch</i>
13.30 – 15.00	Crisis Management Briefings CMB practice
<i>15.00 – 15.15</i>	<i>Afternoon break</i>
15.15 – 16.00	Working with small groups Defusing theory Defusing video
<i>16.00 – 17.00</i>	<i>Comfort break and preparing introduction scripts</i>
17.00 – 18.00	Defusing practice x 2 Plenary
Day two	
9 – 10.30	Questions from day 1 Critical Incident Stress Debriefing theory CISD demonstration
<i>10.30 – 11.30</i>	<i>Morning Break including CISD preparations</i>
11.30 – 12.30	CISD practice 1
<i>12.30 – 13.30</i>	<i>Lunch</i>
13.30 – 15.30	CISD practice 2 CISD practice 3
<i>15.30 – 15.45</i>	<i>Afternoon Break</i>
15.45 – 16.45	CISD practice 4 CISD challenges Working safely
<i>16.45 – 17.00</i>	<i>Comfort break</i>
17.00 – 18.00	Strategic planning Final questions