

International Critical Incident Stress Foundation

Course Description

Individual Crisis Intervention and Peer Support

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)

Program Highlights

- Psychological crisis and psychological crisis intervention
 - Resistance, resiliency, recovery continuum
 - Critical incident stress management
 - Evidence-based practice
 - Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
 - Putative and empirically-derived mechanisms
 - SAFER-Revised model
 - Suicide intervention
 - Risks of iatrogenic "harm"

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Course Description

Pastoral Crisis Intervention II

The "Pastoral Crisis Intervention II" course builds on the foundations of ICISF's "Pastoral Crisis Intervention" class. More specific advanced concepts and specific field applications where pastoral crisis intervention is applied will be covered. Upon completion of this course, participants will be able to: Describe the stages of spiritual development; Understand Theodicy; Discuss the principles of spiritual first-aid; and Recognize and understand the impaired pastoral crisis interventionist. Prerequisite: ICISF's "Pastoral Crisis Intervention" course. (13 Contact Hours; 13 CE Credits for Psychologists; 13 CE Hours for Calif. MFT's & LCSWs; 13 PDHs for EAPs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs for UMBC)* Completion of "Pastoral Crisis Intervention II" and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program. Confirmation of full attendance in ICISF's course "Pastoral Crisis Intervention" is a prerequisite to attend this class. A copy of your certificate for ICISF's "Pastoral Crisis Intervention" class indicating full attendance (13 Contact Hours) must be submitted with all fax and mail registrations. **If registering on-line, upon completion of the registration, a copy of your registration confirmation along with a copy of your certificate for ICISF's "Pastoral Crisis Intervention" class indicating full attendance (13 Contact Hours) must be mailed to ICISF prior to the class start date.**

Program Highlights

- Crisis Intervention, CISM and PCI
- Risks and potential adverse reactions
 - Advance topics in assessment
 - Principles of basic spiritual first aid
- PCI with those expressing theodolitic concerns
 - The incident management system (IMS)
- PCI with those expressing suicidal ideation
 - PCI with those in acute bereavement
 - Principles of death notification
- Principles and practices associated with self-care

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Course Description

Suicide Prevention Intervention and Postvention

Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This training will provide answers for these and other questions many of us have about suicide. It will provide you with basic information about suicide as well as help you develop practical skills for prevention, intervention and postvention. Small group role plays will allow you to apply the suggested techniques as you learn them. This training is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from the fields of emergency services, security, human resources, EAP, education, and mental health may all benefit. (14 Contact Hours)

Program Highlights

- Common myths about suicide
- Risk factors for suicidal behavior
- Frequent motivations for suicide
 - Problem solving methods
 - Effective intervention strategies
- Elements of effective postvention
 - Elements of survivor grief
 - Community referral sources
 - "Mini-lecture" on suicide
- Feelings and reactions of suicide survivors

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Course Description

Emotional and Spiritual Care in Disasters

This advanced level course will enhance your skills to provide effective emotional and spiritual care (ESC) to meet the disaster-related needs of disaster responders and disaster affected families and individuals within disaster operations. This course builds on the crisis intervention principles taught in the Critical Incident Stress Management (CISM) core courses to effectively integrate these principles within ESC teams for appropriate care throughout the disaster continuum from the immediate to long-term recovery process.

This course is designed for trained clergy, chaplains, mental health professionals, and CISM trained crisis responders who desire to enhance their skills in providing Emotional and Spiritual Care to survivors of disaster and trauma.

Suggested but not mandatory prerequisites: Individual Crisis Intervention & Peer Support; Group Crisis Intervention; Pastoral Crisis Intervention.

Completion of "Emotional and Spiritual Care in Disasters" class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Program Highlights

- One's own faith tradition and ESC
- ESC and the Incident Command System
 - ESC and disaster relief operations
- Physical, psychological, emotional impact of disasters
- Behavioral, interpersonal and spiritual impact of disasters
 - Range of ESC interventions in the aftermath
 - Suitability to provide ESC
 - Maintaining health during deployment
 - Deployment personal care plans
- Intervention and care giving concepts

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Course Description

Group Crisis Intervention

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course 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.

Completion of "Group Crisis Intervention" and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Program Highlights

- 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)

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Course Description

CISM Application with Children

Traumatic events involving children disturb and confuse both the children involved and the adult responders. Our children deserve the opportunity to heal from the frightening complications of childhood trauma. This class explores the developmental considerations and children's trauma response from infancy through adolescence. Preventive, intervention and recovery strategies will assist the adult responding to traumatized children. This course will provide a venue for adults to gain comfort in their capability to assist traumatized children through a discussion of crisis management principles and the necessary modifications for children. Self-care for adult caregivers who recognize the need to heal our children is emphasized.

Adults working with traumatized children must deal with their feelings of inadequacy as they seek to assist a child in crisis. Most adults do not feel prepared to deal with the intense reactions of children. Parents, caregivers, educators, crisis management professionals and emergency service CISM peer team members can benefit from the preventive and intervention guidelines and practical crisis management strategies offered in this class.

Completion of "CISM Application with Children" and a receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Program Highlights

- Recognizing high-risk traumatized children
- Partnership opportunities within the community
- Assessment considerations with the traumatized child
 - Trauma and grief symptomatology
- Developmental considerations pertinent to the traumatized child
 - Correct and ethical crisis intervention sensitive to a child
 - Development of crisis response plans
- Adolescent suicide deaths and appropriate crisis response
 - Parental, family and community influences
- Implications on caring adults when working with traumatized children

