

The Basic Critical Incident Stress Management (CISM) Course:

Individual and Group Crisis Intervention and Peer Support Course:

September 24-26, 2008

To be held at:

**Calvary Chapel Dallas
5930 Alma Drive
Plano, TX 75023**

Hosted by:

**Safe Harbor International Relief / ACTs Southern Region
Plano, TX**

Instructor:

Paul A. Tabor, MMiss

State CISM Director
Texas Department of State Health Services
Community Preparedness Section
1100 West 49th Street
Austin, Texas 78756-3199

Course Descriptions:

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". Most crisis interventions are typically done individually (one-on-one). This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention and increase Emergency Mental Health skills. It also teaches basic communication techniques such as restatement, summary and extrapolation paraphrasing, reflection of emotion, directive and non-directive questions, action directives, etc. The CISM: Group Crisis Intervention course is NOT a prerequisite for taking this course, although it may be helpful.

Group Crisis Intervention

This training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The 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, the large group Crisis Management Briefing (CMB), small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). This course specifically prepares participants to provide several of these crisis intervention and Emergency Mental Health skills—specifically demobilizations, CMBs, defusings and the CISD. The need for appropriate follow-up service and referrals when necessary is also described. *This course is a prerequisite to taking the Advanced Group Crisis Intervention course.*

Course Objective (Individual)

Review Terms: Crisis & Crisis Intervention
Crisis Intervention vs. Psychotherapy
Cortical Inhibition Syndrome
History of Crisis Intervention
Comprehensive CISM Defined
CISM Described
CISD vs. CISM
Role of One-on-One Support in CISM
Value Clarification Exercise
Transference and Counter-transference
Crisis Communications Techniques Overview
- "Mirror" techniques, paraphrasing, and questioning techniques Psychopathology
SAFER protocol
Role Play Integrating Counter-transference and SAFER
Review "Quick Sheets"

Learning Objectives:

Upon completion of this course, the participant should be able to:

1. List at least four fundamental principles of crisis intervention.
2. Describe common psychiatric symptoms after trauma
3. Demonstrate crisis communication techniques.
4. List risk factors for suicide

Course Overview (Group):

The nature of stress

- General stress, cumulative stress, Critical Incident Stress (CIS) and Post Traumatic Stress Disorder (PTSD)
- Signs & symptoms of stress reactions
- Benefits of stress management programs

Crisis

- Definition & three characteristics of
- Crisis Intervention definition and description
- Goals and fundamental principles of crisis intervention
- CISM overview

Traumatic events likely to cause Critical Incident Stress

Overview of the ten core interventions of CISM

Overview and description of the group processes of:

- Demobilization, CMB, Defusing, CISD
- Similarities and differences between these four group interventions

Demobilization

- Definition, description, and brief demonstration of how a demobilization is conducted

Crisis Management Briefing (CMB)

- Definition and description
- Defusing role play/demonstration

CISD

- Video and discussion
- Detailed point-by-point coverage of the CISD process
- CISD role play/demonstration

Learning Objectives:

Upon completion of this course, the participant should be able to:

1. Define stress, CIS and PTSD
2. List the ten basic interventions of CISM
3. Define and describe in detail the CISM group processes of Demobilizations, Crisis Management Briefings, Defusings and Debriefings

Registration Form

Group Crisis Intervention/Individual Crisis Intervention & Peer Support Plano September 24—26, 2008

Location: Calvary Chapel, 5930 Alma Drive
(8:00am – 5:00pm each day)

Please PRINT Legibly. Thank you!

NAME (Last) _____ (First) _____ (M.I.) _____

ADDRESS _____

CITY _____ STATE TX ZIP _____ COUNTY _____

E-MAIL _____

PHONE (Home) _____ / _____ - _____ (Business) _____ / _____ - _____

SOCIAL SECURITY NUMBER _____ / _____ / _____

OCCUPATION _____

TITLE & ORGANIZATION _____

Please indicate if you desire Continuing Education Units credit:

_____ TCLEOSE _____ EMS _____ Nursing–Type I (additional \$15)
_____ LPC _____ LMFT _____ Social Worker

Fee: \$140/person includes workbook and handout materials.

For more information regarding this course, contact Brady R. Prather at brady@actssr.com or phone at 214.226.4271.

NOTE: If 16 registrations are not received one week prior to course start date, the course will be canceled.

Texas Critical Incident Stress Management Network
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