



CRISIS INTERVENTION TRAINING

What We Do

We provide a range of courses to help you equip your first responders with the support they need and deserve. Whether it be after critical incidents, or in response to stresses of the job or life.

These courses do not take over for, or replace the need for professional mental health providers. Think of this as mental health first aid in support of first responders, a way to open up dialogue and talk about things that are affecting us and our ability to cope.

Our Story

We are approved instructors for both the "ICISF" International Critical Incident Stress Foundation, as well as the "OAFC" Ontario Association of Fire Chiefs. We provide courses tailored to your needs.

What Courses Do We Offer?

As approved instructors with the "ICISF" International Critical Incident Stress Foundation, we provide the following courses:

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.

Assisting Individuals in Crisis:

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". This program is designed to teach participants the fundamentals of, and a specific protocol for, individual Crisis Intervention.

These courses are designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Healthcare, Mental Health/EAP, Military, Spiritual Care, and Traumatic Stress.

As an approved instructor/ Independent contractor with the "OAFC" Ontario Association of Fire Chiefs, and the Mental Health Commission Canada, we also teach:

"R2MR" — Road to Mental Readiness

R2MR trained members will be able to recognize situations where they, or their peers, require intervention and/or assistance. The program has been developed into a four-hour primary course and an eight-hour leadership course. A key component of R2MR is to have all employees — support and operations, at all ranks, speaking the same language when presenting an assessment of a mental health concern. It is a peer driven, proactive model with the intent to create a psychologically safe environment. R2MR has a solid foundation in the concept of resilience. Resilience is the ability to recover quickly, resist, and possibly even thrive in the face of direct/indirect traumatic events and adverse situations in training and operational environments. Recovery from physical and mental hardships is required throughout a career in the fire service.

The R2MR program is coordinated through the OAFC
Please ask for details.



CISMTRAINING.CA

416.894.6015

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