

Day 1 8:30-4:30pm

- Introductions, objectives, concepts and terms
- Reactions to stress, Critical incidents, Crisis, Crisis intervention (goals/principles/research)
- Basic crisis communication skills
- Psychological reactions to crisis
- Formulating an approach to the person in crisis
- SAFER-R techniques for Individuals

Day 2 8:30-4:30pm

- Large group interventions: Demobilization R.I.T.S, Crisis Management Briefing CMB, role play
- Assessing the need for CISD, Factors which enhance CISD success
- Introduction to Defusing
- Role playing of all interventions.

Day 3 8:30-4:30pm

- Small group Interventions: Defusing's, Critical Incident Stress Debriefing (CISD) role play
- CISM Assessment and Strategic planning
- What to do when you get back to your department
- Setting up a team
- Continuing education, staying ready



**Workshop Registration:** Registration is limited and should be received by February 15<sup>th</sup> 2022

To register, please mail your cheque and registration form to: Brian Bennett 45 Slalom Gate Rd, Collingwood Ont, L9Y 5A9.

Make cheques payable to: Brian Bennett.

Cost: \$550 per person plus HST= \$621.50

Course includes 2 certificates from the ICISF "International Critical Incident Stress Foundation", Group Crisis Intervention E-textbook, Assisting Individuals in Crisis E-textbook, & course material.

Please note that full attendance is mandatory to receive both certificates. This course deals with potentially difficult subject matter and can stir up uncomfortable/strong emotions. If there is something that may cause you undo burden, please let the instructor know in advance so we can tailor the scenarios accordingly.

Please note that this course is filled first come first served, please register early to avoid disappointment. Course is subject to cancellation if there are not enough participants

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

As part of our COVID-19 precautions this course is being held virtually over the 3 days through ZOOM. Only those logged in and actively participating throughout the entire presentation will receive their certificate of completion. Break schedule will be confirmed at the beginning of the course for each day. Basic zoom info can be found here: <https://support.zoom.us/hc/en-us/articles/206175806-Frequently-Asked-Questions>

For more information or contact Brian Bennett at [cismtraining@outlook.com](mailto:cismtraining@outlook.com)  
cismtraining.ca Or call 416-894-6015



**How will you support your peers and staff?**

**Critical Incident Stress Management**  
**Group Crisis Intervention, & Assisting Individuals in Crisis**

Facilitated by Brian Bennett  
ICISF Approved Instructor, CISM team member, & Pan Am/Commonwealth Games Medical Manager

**February 23, 24, & 25<sup>th</sup> 2022**  
**8:30-4:30pm Eastern time**

Hosted virtually by ZOOM meeting



### What is a critical incident?

Any event that causes a strong emotional reaction with the potential to interfere with a person's ability to function. An accident that has the ability to overwhelm an individual

## Examples of a critical incident

Serious injury or death of a co-worker

Suicide of a colleague

Mass Casualty incidents

Death of children or adolescents

Serious injury or death resulting from the actions of an emergency worker or staff member

Loss of patient life after a prolonged or extensive effort

Incidents that attract extensive media coverage

Incidents where responders know the victim

Any incident that is charged with profound emotion

## 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, defusing's and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

## 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)

## 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.

## Program Highlights

- Psychological crisis and psychological crisis intervention
- 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"

Included with the course are the textbooks "Group Crisis Intervention", by Jeffrey T. Mitchell, and "Assisting Individuals in Crisis" by George Everly, both from the ICISF. As well, participants receive a Certificate of Completion for each course.

## Why should I attend?

This course lays the foundation for helping those affected by a critical incident. We provide you with the knowledge, training, tools, and practice, to help those that help others. To provide psychological or emotional first aid for those that may have Physical, Emotional, Cognitive, or Behavioral signs and symptoms.

Some of the goals of CISM include: Mitigate stress, facilitate psychological normalization & lower tension, accelerate the recovery process, provide information and set reactions, educate on stress management and coping skills, reduce the sense of chaos, psychological triage and referral if needed.

This course is designed for anyone who desires to increase their knowledge of Individual (one-on-one) or Group crisis intervention techniques 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.

