

Day 1 8:30-4:30

- 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 8:30-4:30

- 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 8:30-4:30

- 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 May 7th, 2019. Payment must accompany your registration to hold your spot in the course.

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: As part of Altitude 2019, we are able to offer this course at a greatly reduced price to active members of the Canadian Ski Patrol from across Canada.

Ski patrol members \$200

All others \$550 per person including HST (before May7th) \$600 including HST after May7th, 2019. No refunds less than 1 week notice before course, Substitutes are welcome until first day of course.

Fee includes 2 certificates from the ICISF "International Critical Incident Stress Foundation", Group Crisis Intervention text, Assisting Individuals in Crisis text, course material, refreshments.

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: _____

For more information about the course being offered, or to set up a course like this for your own group, please visit cismtraining.ca or contact Brian Bennett at cismtraining@outlook.com
Or call 416-894-6015



CANADIAN SKI PATROL™

The Canadian Ski Patrol is proud to host as part of Altitude 2019 Conference

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

June 7-9th, 2019

**Delta Toronto Airport Hotel
655 Dixon Rd, Toronto Ontario**



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.

