

Day 2, 8:30 a.m. - 5:00 p.m.

- Psychological reactions in crisis
- Mechanisms of action in crisis intervention
- SAFER – R model with suicide
- Assessing the need for CISM, factors which enhance CISM success.
- Role playing of all interventions.
- What to do when you get back to your department/work place
- Question and answer



For more information about the course being offered, or to set up a course like this for your own group, please contact

Brian Bennett at

[balancedlivingwellness@hotmail.com](mailto:balancedlivingwellness@hotmail.com)

Or call 416-894-6015

For more information on CISM, please visit [icisf.org](http://icisf.org)

Workshop Registration: Registration is limited, and should be received by May 2nd 2017. Payment must accompany your registration to hold your spot in the course.

To register, please mail your cheque and registration form to: Brian Bennett 2673 Bur Oak Ave, unit 2 Markham Ont. L6B 1K9. Also please email me confirming your attendance to assist with ordering text books.

Make cheques payable to: Brian Bennett.

Cost: \$300 (before May 3rd, \$375 after May 3rd, 2017).

Fee includes certificate from the ICISF "International Critical Incident Stress Foundation", Individual Crisis Intervention & Peer Support text, course material, refreshments, catered lunch each day & HST.

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: \_\_\_\_\_

Organization: \_\_\_\_\_

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

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

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

Dietary restrictions: \_\_\_\_\_



**Bruce County Fire Departments  
are proud to host**

## **Critical Incident Stress Management**

### **Individual Crisis Intervention and Peer Support**

Facilitated by Brian Bennett

ICISF approved instructor,  
CISM team member & Pan Am  
Games medical coordinator

June 3-4<sup>th</sup>, 2017

Walkerton Fire Hall,  
510 Napier Street Walkerton





### 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 co-worker

Mass casualty incidents

Death of children or adolescents

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

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

## 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". This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) 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.

### 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"

Completion of "Individual Crisis Intervention and Peer Support" and receipt of a certificate indicating full

attendance (13 Contact Hours) qualifies as a class in ICISF's certificate of specialized training program

Included with the course is the textbook "Assisting Individuals in Crisis 4th edition" by George Everly Jr., PhD from the ICISF. As well a Certificate of completion.

### 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.

Day 1 8:30 a.m. - 5:00 p.m.

- Introductions, objectives, concepts and terms
- Reactions to stress, critical incidents, crisis, crisis intervention (goals/principles/research)
- Crisis communication techniques
- "Diamond Structure" communication structure
- Introduction to the SAFER model
- Role playing