

Day 2, 8:30 a.m. – 4:30 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 zone/hill/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

cismtraining@outlook.com

Or call 416-894-6015

For more information on CISM,
please visit cismtraining.ca
or icisf.org

Workshop Registration: Registration is limited, and should be received by March 1 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. **CSP members** can register with the on-line national conference registration, on the national database system (NDS)

Make cheques payable to: Brian Bennett.

Cost: As part of Leadership Conference 2017, we are able to offer this course at a greatly reduced price to active members of the Canadian Ski Patrol from across Canada.

Cost: Ski patrol members \$150

All others: \$300 (before March 1) \$375 after March 1, 2017.

Fee includes certificate from the ICISF "International Critical Incident Stress Foundation", Individual Crisis Intervention & Peer Support text, course material, 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.

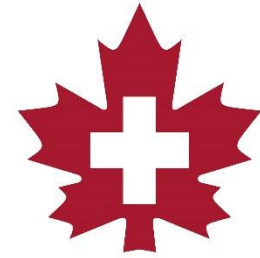
Name: _____

Organization: _____

Address: _____

Phone: _____

Email: _____



CANADIAN SKI PATROL™

*The Canadian Ski Patrol is proud
to host as part of
Leadership Conference 2017*

Critical Incident Stress Management

Assisting Individuals in Crisis

Facilitated by Brian Bennett

ICISF approved instructor,
CISM team member and CSP
national CISM coordinator

March 29-30, 2017
Big White Ski Resort,
Kelowna B.C.



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

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.

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 and 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. You will learn 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 and 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. – 4:30 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

