

# **International Critical Incident Stress Foundation**

## **Course Description**

### **Strategic Response to Crisis**

Knowing what sequence of crisis intervention processes to use for which individuals or groups, at what times, and under what circumstances is crucial to all effective early intervention programs. The course will present essential information for the assessment of both crisis situations and the effects of critical incidents on people involved in those situations. Learn to create an effective plan of action to assist those in crisis and complete a series of exercises designed to sharpen assessment and crisis planning skills. Strategic planning and tactical decision making are emphasized, as are rationales for choosing one set of crisis intervention processes over another.

This course builds confidence that crisis interventionists will make the right choices of interventions for the populations they are assisting under specific circumstances. This course requires previous training and experience. ICISF's "Group Crisis Intervention" and "Assisting Individuals in Crisis" are viewed as prerequisites. (14 Contact Hours)

### **Program Highlights**

- Strategic planning as it applies to crisis intervention
- National Incident Management System and crisis intervention
- Elements of Effective Planning
- Steps in Developing the Plan
- Planning process in assessing target populations
- Determining the type, timing and resources necessary
- Assisting large numbers of people involved in a crisis
- The most important crisis intervention tactics
- Managing a complicated or large scale crisis event

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## **Course Description**

### **Spiritual and Psychological First Aid**

Research validates that the help and support people receive in times of crisis matters. Providing effective emotional and spiritual care to individuals, families, and communities in difficult times is critical and can help promote resiliency and recovery. This course endeavors to build helping skills and a better understanding of the unique role of the crisis responder and trains participants in the fundamental principles of spiritual and psychological first aid (SPFA). Care provided in SPFA may be defined as a practical, compassionate and supportive presence designed to mitigate acute distress, assess needs, provide essential supportive care, and link with other support systems as needed for ongoing spiritual, emotional, and mental health care.

Targeted participants will be trained clergy, chaplains, mental health professionals, crisis responders, and individuals who desire to enhance their skills in providing SPFA to survivors of loss, disaster, emergency, trauma, and crisis settings. (13 Contact Hours)

### **Program Highlights**

At the conclusion of this course, successful students will be able to:

- Identify evidence-informed foundations for SPFA
- Articulate an understanding of the "ministry of presence" and "companioning"
- Define the essential elements of connecting and communicating with people in crisis
- Prepare survivors to understand commonly experienced psychological/behavioral reactions and the process of recovery
- Identify indicators of resiliency, recovery and post traumatic growth to encourage help, hope and healing
- Identify how meeting basic human needs is foundational to providing SPFA
- Demonstrate essential interventions to help stabilize and protect people in crisis
- Create a safe environment that facilitates effective listening and crisis communication
- Link those served with existing community support services and develop an ongoing care plan
- Demonstrate skills for assessing spiritual and psychological needs of individuals in crisis
- Utilize a spiritual assessment framework to identify ways to help an individual draw on spiritual and religious resources to cope and foster resiliency

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## **Course Description**

### **Individual Crisis Intervention and Peer Support (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". Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. The audience for this class includes both emergency services, military, and business/industrial peer support personnel without formal training in mental health, as well as mental health professionals, who desire to increase their knowledge of individual (one-on-one) crisis intervention techniques. (13 Contact Hours)

### **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"

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## **Course Description**

### **Pastoral Crisis Intervention I**

Pastoral Crisis Intervention may be thought of as the combination of faith-based resources with traditional techniques of crisis intervention. Pastoral crisis intervention represents a powerful addition to traditional community and organizational psychological support resources. The purpose of this two-day course is to assist the participants in learning how pastoral interventions and traditional psychological crisis interventions may be effectively integrated.

Chaplains, pastoral counselors, mental health professionals, ministers, and anyone interested in the use of faith-based resources in healing should find this course of interest.

### **Program Highlights**

- Nature of human crisis
- Nature of crisis intervention
- Critical Incident Stress Management (CISM)
- Signs and symptoms of the crisis state
- The "crisis of faith"
- Criteria for psychological triage
- Strategic SAFER-PCI Model
- Common PCI Mistakes
- Challenging PCIs

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## Course Description

### Pastoral Crisis Intervention II

The "Pastoral Crisis Intervention II" course builds on the foundations of ICISF's "Pastoral Crisis Intervention" class. More specific advanced concepts and specific field applications where pastoral crisis intervention is applied will be covered. Upon completion of this course, participants will be able to: describe the stages of spiritual development; understand Theodicy; discuss the principles of spiritual first-aid; and recognize and understand the impaired pastoral crisis interventionist. **Prerequisite:** ICISF's "Pastoral Crisis Intervention" course. (13 Contact Hours; 13 CE Credits for Psychologists; 13 CE Hours for Calif. MFT's & LCSWs; 13 PDHs for EAPs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs for UMBC)\* Completion of "Pastoral Crisis Intervention II" and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program. Confirmation of full attendance in ICISF's course "Pastoral Crisis Intervention" is a prerequisite to attend this class. A copy of your certificate for ICISF's "Pastoral Crisis Intervention" class indicating full attendance (13 Contact Hours) must be submitted with all fax and mail registrations. **If registering on-line, upon completion of the registration, a copy of your registration confirmation along with a copy of your certificate for ICISF's "Pastoral Crisis Intervention" class indicating full attendance (13 Contact Hours) must be mailed to ICISF prior to the class start date.**

### Program Highlights

- Crisis Intervention, CISM and PCI
- Risks and potential adverse reactions
- Advance topics in assessment
- Principles of basic spiritual first aid
- PCI with those expressing theodolitic concerns
- The incident management system (IMS)
- PCI with those expressing suicidal ideation
- PCI with those in acute bereavement
- Principles of death notification
- Principles and practices associated with self-care

# **International Critical Incident Stress Foundation**

## **Course Description**

### **Suicide Prevention, Intervention and Postvention**

Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This training will provide answers for these and other questions many of us have about suicide. It will provide you with basic information about suicide as well as help you develop practical skills for prevention, intervention and postvention. Small group role plays will allow you to apply the suggested techniques as you learn them. This training is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from the fields of emergency services, security, human resources, EAP, education, and mental health may all benefit. (14 Contact Hours)

### **Program Highlights**

- Common myths about suicide
- Risk factors for suicidal behavior
- Frequent motivations for suicide
- Problem solving methods
- Effective intervention strategies
- Elements of effective postvention
- Elements of survivor grief
- Community referral sources
- "Mini-lecture" on suicide
- Feelings and reactions of suicide survivors

# **International Critical Incident Stress Foundation**

## **Course Description**

### **Emotional and Spiritual Care in Disasters**

This advanced level course will enhance your skills to provide effective emotional and spiritual care (ESC) to meet the disaster-related needs of disaster responders and disaster affected families and individuals within disaster operations. This course builds on the crisis intervention principles taught in the Critical Incident Stress Management (CISM) core courses to effectively integrate these principles within ESC teams for appropriate care throughout the disaster continuum from the immediate to long-term recovery process.

This course is designed for trained clergy, chaplains, mental health professionals, and CISM trained crisis responders who desire to enhance their skills in providing Emotional and Spiritual Care to survivors of disaster and trauma.

**Suggested but not mandatory prerequisites: Individual Crisis Intervention & Peer Support; Group Crisis Intervention; Pastoral Crisis Intervention.**

Completion of "Emotional and Spiritual Care in Disasters" class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

### **Program Highlights**

- One's own faith tradition and ESC
- ESC and the Incident Command System
- ESC and disaster relief operations
- Physical, psychological, emotional impact of disasters
- Behavioral, interpersonal and spiritual impact of disasters
- Range of ESC interventions in the aftermath
- Suitability to provide ESC
- Maintaining health during deployment
- Deployment personal care plans
- Intervention and care giving concepts

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## **Course Description**

### **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.

This course is designed for anyone 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.

Completion of "Group Crisis Intervention" and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

### **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)



# **International Critical Incident Stress Foundation**

## **Course Description**

### **CISM Application with Children**

Traumatic events involving children disturb and confuse both the children involved and the adult responders. Our children deserve the opportunity to heal from the frightening complications of childhood trauma. This class explores the developmental considerations and children's trauma response from infancy through adolescence. Preventive, intervention and recovery strategies will assist the adult responding to traumatized children. This course will provide a venue for adults to gain comfort in their capability to assist traumatized children through a discussion of crisis management principles and the necessary modifications for children. Self-care for adult caregivers who recognize the need to heal our children is emphasized.

Adults working with traumatized children must deal with their feelings of inadequacy as they seek to assist a child in crisis. Most adults do not feel prepared to deal with the intense reactions of children. Parents, caregivers, educators, crisis management professionals and emergency service CISM peer team members can benefit from the preventive and intervention guidelines and practical crisis management strategies offered in this class.

Completion of "CISM Application with Children" and a receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

### **Program Highlights**

- Recognizing high-risk traumatized children
- Partnership opportunities within the community
- Assessment considerations with the traumatized child
- Trauma and grief symptomatology
- Developmental considerations pertinent to the traumatized child
- Correct and ethical crisis intervention sensitive to a child
- Development of crisis response plans
- Adolescent suicide deaths and appropriate crisis response
- Parental, family and community influences
- Implications on caring adults when working with traumatized children

# **International Critical Incident Stress Foundation**

## **Course Description**

### **Grief Following Trauma**

In the course of one's career, it is inevitable that professionals will encounter traumatic death and loss issues both personally and professionally. Professionals often feel ill prepared to provide effective care throughout the grief process. This course will cover key grief and loss concepts relating to trauma and traumatic death. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic death and loss.

### **Program Highlights**

- Characteristics of trauma
- Clinical implications of grief
- Primary needs of victims
- What helps and what hurts
- Types of traumatic events
- Traumatic grief and grief reactions
- Death notification
- Applications of the SAFER model
- Supporting grieving people
- Personal self-care plan

# **International Critical Incident Stress Foundation**

## **Course Description**

### **Law Enforcement Perspectives for CISM Enhancement**

Learn to identify, understand, and work with the “Blue Wall of Silence” in the law enforcement community. Designed to provide insight and understanding of the different types of stress in law enforcement culture from a systems perspectives emphasis, this course will provide practical “back pocket skills” in providing crisis intervention services to law enforcement organizations and individual personnel in crisis.

The LE Perspectives course is intended for law enforcement officers, their families, mental health professionals, chaplains, and organizations that interact within the law enforcement community. It is an excellent course for CISM teams and team members who would want to enhance their understanding of the differences in the law enforcement culture as compared to other first responder cultures. (14 Contact Hours)

### **Program Highlights**

- Community perceptions of the Law Enforcement Profession
- Differentiated Model of oppression in capitalistic systems
- System dysfunctions in the LE culture
- Special considerations when providing CMB group interventions
- Stress areas of a LE officer in crisis
- Specific stress areas to LE officer culture
- Healthy coping mechanisms and resiliency protective factors
- Interventions to a suicide of a LE officer or a LODD
- Addictions and CISM response
- Psychological/emotional perceptions following an officer involved shooting