

Spiritual and Psychological First Aid (Required)

Course Description

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 two-day 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.

Course 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

Grief Following Trauma

Course Description

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. This course is designed for anyone who works with people who experience grief and loss following a traumatic event.

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

Emotional and Spiritual Care in Disasters

Course Description

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 the 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: Assisting Individuals in Crisis (also known as Individual Crisis Intervention & Peer Support); Group Crisis Intervention; Pastoral Crisis Intervention.

Course Highlights

- One's own faith tradition and ESC
- ESC & the Incident Command System
- ESC & 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

Assisting Individuals in Crisis

Course Description

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.

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”

Group Crisis Intervention

Course Description

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.

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.

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)

Suicide Prevention, Intervention, and Postvention

Course Description

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 course will provide answers for these and other questions many of crisis interventionists have about suicide. It will provide participants with basic information about suicide as well as help participants develop practical skills for prevention, intervention and postvention. Small group role plays will allow participants to apply the suggested techniques as they are learned.

This course is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from 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 may all benefit.

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