

Day 2, 9:00 a.m. – 4:00 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.
- Resources available to staff internally and externally
- What to do when you get back to your department/workplace
- Question and answer



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 CISM Training Canada/Brian Bennett at cismtraining@outlook.com
Or call 416-894-6015
For more information on CISM, please visit icisf.org

Workshop Registration:

To register, please send payment and registration form to: Brian Bennett 45 Slalom Gate Rd, Collingwood Ont, L9Y 5A9, or cismtraining@outlook.com. Make cheques payable to: Brian Bennett. Or E-transfer to cismtraining@outlook.com. Payment by Visa/MC available.

Cost: \$375 per person plus HST= \$423.75 (Before July 20th).
\$450 plus HST = \$508.50 (After July 20th).

No refunds less than 1 week notice before course, Substitutes are welcome until first day of course.

Fee includes certificate from the ICISF “International Critical Incident Stress Foundation”, Assisting Individuals in Crisis text, course material, light refreshments & snacks.

. 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.

Name: _____

Department: _____

Address: _____

Phone: _____

Email: _____

Dietary restrictions: _____



**Hamilton
Transit
CISM team is
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

August 8-9th 2024

Lister Block 28 James St. N
(Basement Boardroom)
Hamilton, Ont





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 & industry (transit), 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 9:00 a.m. – 4:00 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

