

Critical Incident Stress Management (CISM) Course Descriptions

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2010 CISM Course Schedule: <http://www.cism1.com/>

Online Course Descriptions: <http://www.cism1.com/index.html>

On August 4, 2003, at Southwestern Division headquarters located in Dallas, Texas, BG Crear awarded a Commander's Coin to Mr. Vaughn Donaldson. The award was given to Vaughn for providing quality education and training services to the Southwestern Division CISM peer supporters and presented by Mr. Ed Shuford.

CISM Basic Training Program Description

The Basic CISM training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The two-day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after large-scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The Basic CISM course specifically prepares participants to provide several of these interventions, specifically demobilizations, defusings and the CISD. The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multi-component crisis intervention strategy that is discussed in this course.

Basic CISM training is open to any person who wishes to know more about crisis intervention techniques such as the CISD. Emergency services and disaster workers, security, safety, military, industrial and school system personnel, EAPs, human resources personnel, psychologists, social workers, counselors and others can all benefit from the Basic CISM training. (14 Contact Hours)

Day 1:

- Acute Stress / Delayed Stress
- Cumulative Stress
- Emergency Services Stress
- Critical Incidents

Day 2:

- 10 Core Components of CISM
- Types of Interventions
- Demobilizations
- Defusings

CISM Peer Support – Basic Individual Crisis Intervention Training Program Description

Crisis intervention is NOT psychotherapy. It is a specialized, acute, emergency, mental health intervention that requires specialized training. Physical first-aid is to surgery, as 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.

The CISM Individual Crisis Intervention Training 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. This class is 13 Contact Hours.

Day 1:

- The concept of CISM as a comprehensive crisis intervention program
- The role of the individual crisis intervention in the comprehensive CISM program
- Terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention

Day 2:

- Differential utilities of selected crisis communication techniques
- Demonstration of selected crisis communication techniques

CISM Peer Support – (Specialized) Individual FEST Intervention Advanced Training Program Description

The Individual FEST Intervention CISM training program has been designed to provide participants with the latest information on critical incident stress management techniques and post-trauma syndromes. The program emphasizes a broadening of the knowledge base concerning critical incident stress interventions as well as Post-Traumatic Stress Disorder that was established in the basic program and/or in publications. At the conclusion of this educational program the participants will have been exposed to specific, proven strategies to intervene with those suffering the ill effects of their exposure to trauma. The emphasis will be on advanced defusings and debriefings in complex situations.

Day 1:

- Review CISM concepts and terms, 7-step debriefing sequence, and communication techniques.
 - Introduction
 - Gather Facts.
 - Prompt the individual to speak about their feelings.
 - Get their Symptoms.
 - Teaching Stage.
 - Re-entry Stage.
 - Follow-Up.
- Generate specific FEST debriefing questions
- Practice individual one-on-one sessions.

CISM Advanced Training Program Description

The Advanced CISM training program has been designed to provide participants with the latest information on critical incident stress management techniques and post-trauma syndromes. The program emphasizes a broadening of the knowledge base concerning critical incident stress interventions as well as Post-Traumatic Stress Disorder that was established in the basic program and/or in publications. At the conclusion of this educational program the participants will have been exposed to specific, proven strategies to intervene with those suffering the ill effects of their exposure to trauma. The emphasis will be on advanced defusings and debriefings in complex situations.

The Advanced CISM training has been developed for EAP, human resources and public safety personnel, mental health professionals, chaplains, paramedics, firefighters, physicians, police officers, nurses, dispatchers, airline personnel and disaster workers who are already trained in the critical incident stress debriefing format. It will also be useful for those who are working extensively with traumatized victims from various walks of life.

Day 1:

- Nature of Post-Traumatic Syndromes and PTSD
- Early Warning Signs and Symptoms of Post-Traumatic Stress
- A Rationale for CISM
- Why CISM Works
- Role of CISM in Prevention of PTSD
- Current Thinking on Critical Incident Stress Management (CISM)
- CISM versus Psychotherapy
- Basic Changes in CISM
- Research Issues and CISM

Day 2:

- Lessons Learned from CISM
- Difficult Debriefings
- Multiple Line of Duty Death
- Symbolic Debriefings
- Multiple Incident Debriefings
- Comprehensive CISM approach to complex situations
- CISM in Disasters

CISM Suicide Prevention, Intervention, and Postvention Training Program 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?

The CISM Suicide Prevention, Intervention, and Postvention training program has been designed to provide answers for questions about suicide. It provides basic information about suicide as well as tools to help individuals develop practical skills for prevention, intervention and postvention. The training consists of small group role plays that allows individuals to apply the suggested techniques as they learn them. In addition, individuals will learn how to develop a short educational briefing about suicide that can be given to local agencies.

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)

Day 1:

- Scope of the suicide problem
- Statistical patterns
- Common myths about suicide
- Motivations for suicide
- Attitudes about suicide
- Small group role plays
- Effective communication skills
- Dealing with strong emotions
- Developing an education briefing
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Day 2:

- Problem solving skills
- Small group role plays
- Intervention skills
- Referrals
- Postvention and aftercare
- Care for the caregivers

Terrorism: Psychological Impact and Implications Training Program Description

Acts of terrorism are unparalleled in their potential for undermining the psychological stability of our country. We now live in a time when first responders and health care providers must be ready to meet the challenges ahead.

The Terrorism: Psychological Impact and Implications training program course is designed to explore preparedness and response to terrorism with an emphasis on at-risk populations, coping mechanisms, resiliency, and lessons learned from the Oklahoma City bombing and the attacks of 9/11/01. It reviews psychological reactions, psychosomatic symptoms, and discusses how they may vary depending on the type of weapon of mass destruction utilized (chemical, biological, radiological, nuclear, explosive).

Course objectives for the participants are to:

- learn the differences between chemical, biological, radiological, and conventional attacks from a psychological perspective;
- identify at-risk populations, phases of attack, and phases of emergency response;
- assess, and facilitate effective coping mechanisms;
- promote resiliency;
- understand and apply the NIMH recommendations for early psychological intervention in mass violence;
- be knowledgeable of recent innovations in response to catastrophic disasters and terrorism (including Family Assistance Centers and Respite Centers);
- plan strategically for psychological response to terrorist attacks;
- apply strategies for self-care and stress management for disaster workers;
- and understand "where do we go from here" and how to plan for psychological impacts of terrorism.

Credits: 14 Contact Hours; 14 CE Hours for LMFT, LCSW, LPC, EMS and TCLEOSE.

Day 1:

- Understanding Disasters and Terrorism
- Weapons of Mass Destruction from a Psychological Perspective
- Psychological Impacts of Terrorism
- Resilience in the Aftermath of Trauma

Day 2:

- Case Studies: Oklahoma City Bombing and the Attacks of 9/11/01
- Innovations in Response to Catastrophic Disasters and Terrorism: The Family Assistance Center and The Respite Center
- Psychological First Aid in the Aftermath of Terrorism
- Strategic Planning for Psychological Impacts of Terrorism
- Self-care and Stress Management for Disaster Workers
- Where Do We Go From Here?