

## **Critical Incident Stress Management (CISM): Individual Crisis Intervention and Peer Support**

Crisis Intervention is not psychotherapy; rather it is a specialized acute emergency mental health intervention that requires specific training in specific techniques. Most crisis intervention is done individually, one-on-one.

This two-day workshop is designed to teach participants the fundamentals of, and specific protocols for, individual crisis intervention. Interested participants would include anyone who desires to increase their knowledge of individual crisis intervention techniques.

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.

### **Learning Objectives:**

1. Understand the nature & definition of psychological crisis and psychological crisis intervention
2. Understand key issues and findings of evidence-based and evidence-informed practice as it relates to psychological crisis intervention
3. Understand the resistance, resiliency, recovery continuum
4. Understand the nature and definition of critical incident stress management and its role as a continuum of care
5. Practice basic crisis communication techniques
6. Be familiar with common psychological and behavioral crisis reactions, including empirically-derived predictors of posttraumatic stress disorder
7. Understand the putative and empirically-derived mechanisms of action in psychological crisis intervention
8. Practice the SAFER-Revised model of individual psychological crisis intervention
9. Understand how the SAFER-Revised model may be altered for suicide intervention
10. Understand and discuss the risks of iatrogenic "harm" associated with psychological crisis intervention and will further discuss how to reduce those risks

### **Continuing Education Credits for Social Work Licensing:**

Kantu Consultants, LLC, provider number 1138, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. Kantu Consultants, LLC maintains responsibility for the program.

Social Workers completing this course will receive 13 continuing education credits.

## **General Continuing Education Credits:**

*14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 16.8 Nursing Hours; OR 1.4 general CEUs from University of Maryland Baltimore County*

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

## **Daily Agenda:**

Day 1:(8:30 a.m - 4:30 p.m.)

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

Day 2:(8:30 a.m - 4:30 p.m.)

- Psychological reactions to crisis and trauma
- SAFER protocol for individual crisis intervention and it's role in comprehensive CISM
- Demonstration of the use of SAFER protocol for individual crisis intervention
- Review of common problems encountered while working with individuals in crisis

## **Learning Materials:**

The instructor will supply a workbook and handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities.

## **Assignments:**

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

**Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.

**Problems with this Workshop:**

If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training, you may talk directly to instructor, or you may contact us through our web page ([www.Kantu.org](http://www.Kantu.org)) for resolution.