

Assisting Individuals in Crisis and Group Crisis Interventions

C.I.S.M.* Training

February 9-11, 2018 (Friday-Saturday-Sunday)

8:30 a.m. - 5:00 p.m.

Duluth, MN

This 3-day course combines all of the content of ICISF's** "Assisting Individuals" and "Group Crisis Intervention" courses. The target audience is both emergency service members and mental health or social service professionals who provide support to emergency service responders, either paid or volunteer. "Emergency services" includes law enforcement, fire service, search and rescue, ski patrol, medical 1st response, air and ground ambulance, hospital emergency departments or other hospital units, dispatchers, and emergency managers.

Crisis intervention is not psychotherapy; rather, it is a situational emotional and mental health intervention which requires specialized training. Crisis intervention is sometimes called "emotional first aid". This program is designed to teach participants the fundamentals of providing crisis intervention and on-going peer support in the workplace. It is generally used as the minimum basic training for membership on emergency service CISM teams or workplace peer support programs. Mental health, EAP and social service professionals will learn interventions that can be used as part of their professional practice.

Program Highlights

- Common psychological and behavioral crisis reactions to career stressors and critical incidents
- Resistance, resiliency, recovery continuum
- Critical incident stress management (CISM)
- Peer support principles and best practice
- Suicide issues and prevention
- Evidence-based practices and relevant research
- Large and small group crisis interventions including crisis management briefings (CMB), defusings and critical incident stress debriefings (CISD).
- Strategic intervention planning following events
- Risks of iatrogenic "harm"

Completion of this course and receipt of the certificate of attendance qualifies as a class in ICISF's Certificate of Specialized Training Program. (24 hours CEUs)

Cost: (if not an Arrowhead CISM team member) \$295

Includes handouts, ICISF training manual, breaks, 3 lunches

Location: Arrowhead EMS Assoc. / 4219 Enterprise Cir. / Duluth, MN 55811

Reserve a space now via email before January 12th: sarah@arrowheadems.com

Please include the following information in your email:

Name

Email address

Phone #

Organization/Profession

Your reservation requires receipt of payment by February 2nd.

Please mail check for \$295 made out to Arrowhead EMS Assoc./CISM to:

Arrowhead EMS Assoc. c/o Sarah Zayas

4219 Enterprise Cir

Duluth, MN 55811

If paying by credit card, call Arrowhead EMS Assoc.: 218-726-0070

A minimum of 10 and a maximum of 25 enrollees are required by January 12. In the event of a class cancellation due to enrollment, you will be notified via email.

ICISF Certified Trainers:

Sue Johnston, LICSW: Sue has been providing CISM services in hospitals, mental health settings and for emergency service departments for 22 years. She has been a national trainer for 10 years. Sue is also a certified trainer for Psychological First Aid and Psychological Skills for Recovery, as well as other crisis intervention models. When not doing crisis intervention, she has a private psychotherapy practice specializing in treating traumatic stress reactions.

Kathy Abram, MA: Kathy is a psychologist and a retired Dakota County MN Deputy Sheriff. She has provided crisis intervention services for emergency service personnel for 15 years and an ICISF trainer for 5 years.

For additional questions about this training program, contact:

Charlie Gallet / cgg.wizard@gmail.com / Arrowhead CISM Team

* Critical Incident Stress Management

** International Critical Incident Stress Foundation

