

## **Critical Incident Stress Management: Group Crisis Intervention & Individual Crisis Intervention**

The CISM: GRIN training program is designed to present the combined core elements of a comprehensive, systematic and multicomponent crisis intervention curriculum. The three day course combines elements of the individual Crisis Intervention Course and the Group Course. It 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, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multicomponent crisis intervention strategy, which is discussed in this course.

### **Learning Objectives:**

1. To increase awareness of key terms and concepts relevant to the practice of crisis intervention and psychological mental health intervention.
2. Understand key issues and findings of evidence-based and evidence-informed practice as it relates to psychological crisis intervention.
3. To become familiar with relevant recommendations for practice.
4. To understand the nature and importance of incident assessment and strategic intervention planning.
5. To understand the nature of the “resistance, resilience, recovery” continuum and the role of the integrated, multi - component Critical Incident Stress Management system (CISM).
6. Practice the SAFER-R model of individual psychological crisis intervention.
7. To become familiar with large group crisis interventions:
  - Demobilizations.
  - Crisis Management Briefings (CMB)
8. To become familiar with risks of adverse outcome associated with crisis intervention and how to reduce those risks.
9. To become familiar with small group crisis interventions:
  - Defusing
  - Critical Incident Stress Debriefing (CISD)
10. To practice large and small group crisis interventions by means of exercises.
11. To practice specifically the small group Critical Incident Stress Debriefing (CISD).

### **General Continuing Education Credits:**

*21 Contact Hours; 21CE Credits for Psychologists; 21 PDHs for EAPs; 21 CE Hours for Calif. MFTs & LCSWs; 21Nursing Hours; OR 2.1 general CEUs from University of Maryland Baltimore County*

Completion of class and receipt of a certificate indicating full attendance qualifies as a CORE class in ICISF's Certificate of Specialized Training Program.

### **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. A short post-test will also be used to measure learning.

**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.