Teaching to Themes

This Seminar focuses on increasing skills in providing quality CISM responses in the teaching portions of the intervention. While we should always provide the core stress management elements, this seminar suggests that certain themes and issues often emerge in the aftermath of a Critical Incident. If we wish to truly provide assistance for understanding and recovering from a Critical Incident, we need to be prepared to provide recovery oriented information on the most common themes.

This seminar will focus on teaching to the most common themes that evolve during a CISM response, including:

Personal Themes:
- Guilt
- Anger
- Grief/Loss
- Fear
- Shock/Frozen in Place
- Confusion/Disorientation
- Feelings of Isolation
- Worried about repeat of event
- Trigger to previous event

Content themes: (from Psychotraumatology, Everly, 1998)
- Disruption of world-view as just or fair
- Feelings of abandonment or betrayal
- Feelings of violation of sense of self (self-esteem or worth)
- Destruction of sense of personal safety

COMMON TEACHING ISSUES:

In addition to personal themes that frequently emerge, other issues are also difficult for participants to handle, and that the CISM interventionist might need to address. These include:

- Explaining Suicide
- What to say to victim's family
- What to say to own family
- Spiritual challenges
- How to handle flashbacks/thoughts
- What to say to children

Completion of the ICISF Group Crisis Intervention and Individual Crisis Intervention is encouraged.

Learning Objectives:

- To increase skills in recognizing and creating appropriate responses to themes and issues that arise during Critical Incidents responses, including One-on-One interventions, Defusings, and CISDs, through practicing in a variety of situations.

- To participate as both a team member and a "participant" of an event

- To identify common themes and teaching strategies for them

- To identify and use a range of CISM techniques within the CISM processes, e.g.,

  - Active listening skills
  - Facilitating comments and questions
  - Listening for themes
  - Tailored teaching during the process
  - Handling difficult situations

- To deepen the participants understanding of crisis intervention educational principles

- To put into practice the "Teaching" phases in each type of CISM experience and to ensure that they are appropriate for the event

- Participants will be able to demonstrate their knowledge and skills in utilizing the teaching approach during role plays

- Participants will be able to demonstrate their ability to understand the "theme" of each message heard during a CISM response

- Participants will be able to define what CISM teaching response is appropriate to what group of people, within what time frame after a critical incident

- Participants will practice creating teaching scenarios for use in their work.

Course Outline:

This presentation focuses on increasing skills in providing quality CISM responses in the teaching portions of the intervention. While we should always provide the core stress management elements, this seminar suggests that certain themes and issues often emerge in the aftermath of a Critical Incident. If we wish to truly provide assistance for understanding and recovering from a Critical Incident, we need to be prepared to provide recovery oriented information on the most common themes.

Learning Materials:

The instructor will supply a handout 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.