

Who we are

Peer support is the process of giving and receiving encouragement and assistance to achieve long-term recovery. Peer supporters offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people.

The TN Peer Support Network is a branch of the TN Fire Chiefs Association Chaplain Section. We exist to support all Tennessee firefighters and their families with mental and spiritual health using the protocols of Critical Incident Stress Management (CISM) from the International Critical Incident Stress Foundation.

Contact Us

Phone: 423-791-2857

Email: help@tnpeersupport.net

Web: www.tnpeersupport.net



Tennessee Peer Support Network
www.tnpeersupport.net



International Critical Incident Stress Foundation, Inc.
HELPING SAVE THE HEROES...

May 14 – 15, 2024
Gatlinburg, Tennessee



**TENNESSEE PEER SUPPORT
NETWORK**

Tennessee Fire Chiefs Association

Assisting Individuals in Crisis

Two-day Course (13 contact hours)

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called “psychological first aid” (PFA).

This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention. This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques in the fields of:

- Crisis Intervention
- Disaster Response
- Emergency Services
- Healthcare
- Mental Health
- Military
- Spiritual Care

Continuing Education Information:

Two-Day Course

General Contact Hours:

13 Contact Hours: 1.3 General CEUs from University of Maryland, Baltimore County (UMBC) Dept. of Emergency Health Services Professional and Continuing Education (PACE)

**Based on a formula of 1 Continuing Education Unit for every 10 contact/classroom hours.*

Profession Specific Contact Hours:

13 PDHs for EAPs

13 CE Credits for National Certified Addiction Counselors

Course Objectives

1. Understand the need for psychological crisis intervention (PFA).
2. Understand and differentiate the key terms and concepts relevant to the study of psychological crisis intervention/ PFA.
3. Be able to assess the “psychological toxicity” of a critical incident/ disaster.
4. Understand the nature and definition of Critical Incident Stress Management (CISM) and its role as a continuum of care.
5. Understand the risks of iatrogenic “harm” associated with psychological crisis intervention and will further understand how to reduce those risks.
6. Review research relevant to the practice of psychological crisis intervention.
7. Be better able to recognize common psychological and behavioral reactions of someone in crisis.
8. List the putative and empirically derived mechanisms of action in psychological crisis intervention.
9. Understand and PRACTICE the steps in the SAFER-R model of individual psychological crisis intervention/ PFA.
10. Understand and PRACTICE the SAFER-R model for suicide intervention.

Completion of “Assisting Individuals in Crisis” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in the International Critical Incident Stress Foundations’ *Certificate of Specialized Training Program* (see page 6 for details and links).

Assisting Individuals in Crisis

May 14 – 15, 2024

Cost: \$200.00 (TFCA Coupon Code: **TFCASpring24**)

Date & Time:

Tuesday, May 14 – Wednesday, May 15, 2024
9:00 a.m. - 4:00 p.m. both days

Location:

The Park Vista Hotel
705 Cherokee Orchard Rd
Gatlinburg, TN 37738

Approved Instructor:

David Woody, M.Div., CCISM has over 35 years of experience in the fire service having served with the US Forest Service and various volunteer and professional departments. He is a Master Chaplain and Level III instructor with the Federation of Fire Chaplains and Approved Instructor with the International Critical Incident Stress Foundation.

Woody holds a degree in Psychology from Emory & Henry University, the Master of Divinity degree from Duke University, and Certification in Critical Incident Stress Management from The University of Maryland Baltimore County Department of Emergency Health Services.

Woody currently serves as the Pastor of First United Methodist Church in Newport, TN, Chaplain for the TN Fire Chiefs Association, and Coordinates the TN Peer Support Network.

Registration

To register, go to:

https://www.tnpeersupport.net/product/assisting-individuals-in-crisis-may-14-15-2024/7?cp=true&sa=false&sbp=false&q=false&category_id=2

Or scan the QR code:



Registration includes:

- **Registration fee**
- **Course manual**
- **CEU certificate (1.3 CEU)**

The TN Peer Support Network offers the following courses:



- **Critical Incident Stress Management (CISM) Awareness** – 4-hour class; An introduction to the concepts of eustress, distress, cumulative stress, and CISM.
- **Assisting Individuals in Crisis** - two-day, 13-hour course; Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called psychological first aid. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.
- **Group Crisis Intervention** - two-day, 14-hour course; Designed to present the core elements of a comprehensive, integrative, systematic, and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined, and participants will leave with the knowledge and tools to provide several informational or interactive group crisis interventions, including Rest Information Transition Services (RITS), Crisis Management Briefings (CMB), Defusings, and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals, when necessary, will also be discussed.

Certificate of Specialized Training Program Overview

The International Critical Incident Stress Foundation offers a "Certificate of Specialized Training" in Critical Incident Stress Management (CISM), designed to document the completion of a standardized curriculum in crisis intervention. This program was developed in response to numerous requests from institutions and individuals.

There are currently seven specific, not mutually exclusive, Certificates of Specialized Training that may be awarded upon provision of appropriate documentation showing completion of the required courses.

Core Curriculum BOTH REQUIRED

- Group Crisis Intervention
- Assisting Individuals in Crisis

ONE OF THESE REQUIRED

- Advanced Group Crisis Intervention
- Advanced Assisting Individuals in Crisis
- Strategic Response to Crisis

ONE OF THESE IS REQUIRED

- Suicide Prevention, Intervention and Postvention
- Suicide Awareness: An Introduction for Crisis Responders
- Understanding Suicide: Effective Tools for Prevention, Intervention & Survivor Support

For a complete list of requirements, go to:
<https://icisf.org/program-requirements/>

