

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 “emotional first aid”. 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
- Employee Assistance
- Healthcare
- Homeland Security
- Mental Health
- Military
- Spiritual Care
- Traumatic Stress

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*.

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.*

Approved Instructor

David Woody, MDiv, CCISM



Group Crisis Intervention - Two-day Course (14 contact hours)

Cost: \$150 per student

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), Defusing, and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and

referrals, when necessary, will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

Course Objectives:

1. Define key crisis intervention terms such as "critical incident," "crisis," and "crisis intervention."
2. Define key stress management terms such as "stress," "traumatic stress," and "Critical Incident Stress Management (CISM)."
3. Explain the role of the comprehensive, integrated, systematic, and multi-component crisis intervention system known as "Critical Incident Stress Management (CISM)."
4. Understand the nature of "resistance," "resiliency," and "recovery" in the field of CISM.
5. List the components of a CISM program.
6. Briefly describe the five elements of CISM's strategic planning formula.
7. Explain the differences between Informational and interactive group crisis intervention procedures.
8. Practice, by participation in role-play scenarios, the Informational Group Crisis Interventions such as:
 - a. Rest, Information, and Transition Services (RITS)
 - b. Crisis Management Briefing (CMB)
9. Practice, by participation in role-play scenarios, the Interactive Group Crisis Interventions such as:
 - a. Defusing
 - b. Critical Incident Stress Debriefing (CISD)
10. Explain the potential risks of adverse outcomes if the standards of CISM practice are violated or if untrained people attempt to conduct group crisis intervention sessions.

Continuing Education Information:

Two-Day Course

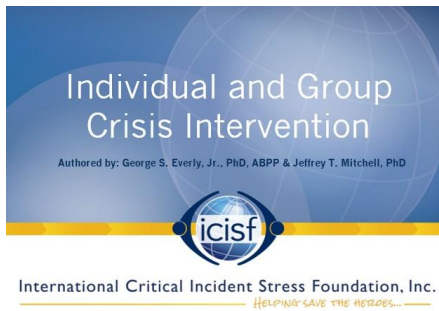
General Contact Hours:

14 Contact Hours: 1.4 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.***

Approved Instructor

David Woody, MDiv, CCISM



Assisting Individuals in Crisis & Group Crisis Intervention – Combined GRIN Course

Three-day Course (27 contact hours) Cost: \$300 per student

Completion of this course meets the TN Fire Chiefs Association Basic Standard of Care for CISM Mutual Aid Response

This 3-day course ***combines ALL*** the content of ICISF's Assisting Individuals in Crisis & Group Crisis Intervention courses.

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 "emotional first aid". Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, this course will prepare participants to understand a wide range of crisis intervention services for both the individual and for groups. Fundamentals of Critical Incident Stress Management (CISM) will be outlined, and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings, and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals, when necessary, will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

Learning Objectives:

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- Putative and empirically derived mechanisms
- SAFER-Revised model
- Suicide intervention
- Relevant research findings
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Critical Incident Stress Debriefing (CISD)

Certificates and Continuing Education:

General Contact Hours:

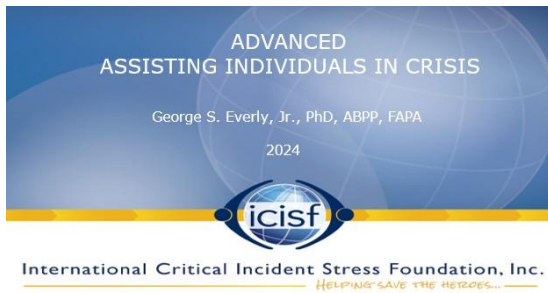
Three-Day Course; 27 Contact Hours: 2.7 General CEUs from University of Maryland, Baltimore County (UMBC) Dept. of Emergency Health Services Professional and Continuing Education (PACE). Based on a formula of 1 Continuing Education Unit for every 10 contact/classroom hours.

ICISF Certificate of Completion:

After the completion of this ICISF course, with verified full attendance, participants are eligible to receive two (Assisting Individuals in Crisis and Group Crisis Intervention) electronic ICISF Certificate of Completion including General Continuing Education Units. Participants are required to complete a course evaluation prior to receiving these Certificates of Completion.

Approved Instructor

David Woody, MDiv, CCISM



Advanced Assisting Individuals in Crisis

Two-day Course (13 contact hours) Cost: \$150 per student

Course Description:

Most psychological crisis intervention is done one person to one person, rather than in groups. These interactions may be face-to-face (in person or electronically), telephonic, via email, or even via text messaging. The SAFER-R model of individual psychological crisis intervention was developed to serve as a simple protocol or procedural guide to aid in

conducting such individual psychological crisis interventions.

This two day course builds upon, and is the logical continuation of, the basic ASSISTING INDIVIDUALS IN CRISIS course. Using the SAFER-R framework as a platform, participants are introduced to scenario-based variations of the model. Topics such as advanced psychological triage, grief, suicide intervention, challenges in follow up and referral, and self-care are addressed. In addition, participants are asked to evaluate pre-recorded video examples of crisis intervention using the SAFER-R model.

***Prerequisite:** [Assisting Individuals in Crisis](#)

Learning Objectives:

- Natures & definitions of a psychological crisis and psychological crisis intervention
- Nature and definition of critical incident stress management and its role as a continuum of care
- Empathic communication techniques
- Practice of psychological triage
- SAFER-Revised model of individual psychological crisis intervention in a suicide scenario
- SAFER-Revised model of individual psychological crisis intervention in a "follow-up" or referral scenario
- Risks of iatrogenic "harm" associated with psychological crisis intervention and will further discuss how to reduce those risks
- Principles of self-care

Certificates and Continuing Education:

General Contact Hours:

Two Day Course; 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.

ICISF Certificate of Completion:

After the completion of this ICISF course, with verified full attendance, participants are eligible to receive an electronic ICISF Certificate of Completion including General Continuing Education Units. Participants are required to complete a course evaluation prior to receiving this Certificate of Completion.

Completion of ICISF courses and receipt of an ICISF Certificate of Completion does not attest to competence in the field, nor does it provide certification in the field of CISM.

Approved Instructor

David Woody, MDiv, CCISM



Crisis Informed Peer Paracounseling: Intervention Enhancement to the CISM Continuum

Two-day Course (14 contact hours) Cost: \$150 per student

Course Description:

Today we see an unprecedented mix of unique stressors & disasters with limited psychological resources. The Critical Incident Stress Management continuum offers high risk populations seeking a strategic crisis response;

one that holistically builds the resilience of those in need. Crisis Informed Peer Para-Counseling (CIPP) expands the support tools of peer counselors to collectively cope with trauma and disasters. CIPP will become the 1:1 follow up service to them CISM. The unprecedented mix of unique stressors & disasters with limited psychological resources means at risk populations are seeking a strategic crisis response; one that holistically builds the resilience of those in need and expands the support tools of peer counselors to collectively cope with trauma.

Prerequisites: [Assisting Individuals in Crisis](#) (2 day course) and [Group Crisis Intervention](#) (2 day course) OR [Assisting Individuals in Crisis & Group Crisis Intervention](#) (3 day course)

Learning Objectives:

- Define the CIPP model
- Define terms in the field of peer support & crisis intervention
- Enhance skills in SAMSHA peer para counseling eight dimensions guidelines. Review Empathy versus Sympathy as a core principle of connection-Theresa Wiseman/Four Principles of Empathy- Perspective Taking/ Stay out of judgement, recognize emotions, communication.
- Define Mental health, addiction & trauma related disorders
- Define Peers as prevention educators
- Define Psychological First Aid
- Identify National, state & community behavioral healthcare & human service resources
- Define CIPP episode of care

Certificates and Continuing Education:

General Contact Hours:

Two-Day Course; 14 Contact Hours: 1.4 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.

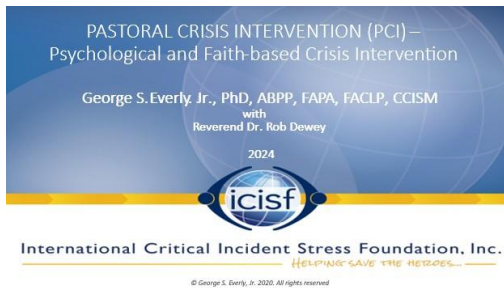
ICISF Certificate of Completion:

After the completion of this ICISF course, with verified full attendance, participants are eligible to receive an electronic ICISF Certificate of Completion including General Continuing Education Units. Participants are required to complete a course evaluation prior to receiving this Certificate of Completion.

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Approved Instructor

David Woody, MDiv, CCISM



Pastoral Crisis Intervention: Psychological and Faith-Based Crisis Intervention

Two-day Course (13 contact hours) Cost: \$150 per student

Course Description:

The purpose of this course is to improve the ability of the participants to practice “Pastoral Crisis Intervention” (PCI). PCI may be thought of as the practice of psychological crisis intervention within a spiritual/religious context. The purpose is NOT to teach theology. This is an “entry-level” class. It is assumed that attendees have NOT had SAFER-R PFA training previously!

Learning Objectives:

- Be able to define Pastoral Crisis Intervention (PCI).
- Understand and differentiate the key terms and concepts relevant to the study of psychological crisis intervention and PCI.
- Be able to describe the 5 functional elements of PCI.
- Understand the nature and definition of Critical Incident Stress Management (CISM) and its role as a continuum of care.
- Understand the risks of iatrogenic “harm” associated with psychological crisis intervention and will further understand how to reduce those risks.
- Review research relevant to the practice of psychological crisis intervention.
- Be able to list the 4 goals of crisis intervention.
- Be better to recognize at least five common psychological and behavioral reactions of someone in crisis.
- Understand and PRACTICE the steps in the SAFER-R model of individual psychological crisis intervention/ PFA.
- Understand and PRACTICE the SAFER-R model for suicide intervention.

Certificates and Continuing Education:

General Contact Hours:

Two-Day Course; 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.

ICISF Certificate of Completion:

After the completion of this ICISF course, with verified full attendance, participants are eligible to receive an electronic ICISF Certificate of Completion including General Continuing Education Units. Participants are required to complete a course evaluation prior to receiving this Certificate of Completion.

Completion of ICISF courses and receipt of an ICISF Certificate of Completion does not attest to competence in the field, nor does it provide certification in the field of CISM.