

CRITICAL INCIDENT PREPARATION



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



In partnership with CounterStress Solutions we are pleased to offer:

The International Critical Incident Stress Foundation (ICISF) Model of **Critical Incident Stress Management (CISM)** has been taught to over a million people worldwide since 1984. This systematic approach to helping individuals and groups is used by public safety organizations, medical institutions, volunteer groups, and private companies as a proven method of supporting staff and communities. *(Course details and instructor bio on the following page)*

"The training was well delivered, greatly received with very relevant and digestible content and examples. 5 stars all day long." Ray Solski, Manager-Health, Safety & Risk, VALE MB Operation

Classes: 8:30am-4:30pm

Location: Room 409, UCN, Thompson Campus

ASSISTING INDIVIDUALS IN CRISIS

October 30-31, 2023 (EXT. 1538, TH21)

Cost: \$599 (plus \$29.95 GST) Per Seat

This course is designed to increase knowledge of individual (one-on-one) crisis intervention techniques. The SAFER Model of crisis intervention is useful in personal and professional settings. The foundations of stress reactions are explored and explained. Tactics to mitigate effects of traumatic events are taught and practiced using adult learning techniques.

THE SECRETS OF PSYCHOLOGICAL BODY ARMOR

November 1, 2023 (EXT. 1537, TH21)

Cost: \$299 (plus \$14.95 GST) Per Seat

This course contains facts and specific suggestions for actions that can be taken to enhance personal resilience, all based upon credible science. Participants will leave with a personal plan to improve their resilience.

GROUP CRISIS INTERVENTION

November 2-3, 2023 (EXT. 1539, TH21)

Cost: \$599 (plus \$29.95 GST) Per Seat

Fundamentals of Critical Incident Stress Management (CISM) with groups (2 or more people) will be taught. Leveraging natural and supportive group dynamics, the ICISF model is used to support people who have experienced a crisis together. Interventions include specific tactics for close-knit groups and broader organizational or community support.



Register for all 3 courses at a reduced rate \$1398 + \$69.90 GST

ASSISTING INDIVIDUALS IN CRISIS (EXT. 1538, TH22); THE SECRETS OF PSYCHOLOGICAL BODY ARMOR (EXT. 1537, TH22);
GROUP CRISIS INTERVENTION (EXT. 1539, TH22)

REGISTER TODAY

Phone/Text Bonnie: 204-307-0210; or toll-free 1.866.677-6450 (Ext 0697)

or Email: blederhaus@ucn.ca

The fee must accompany the registration form in order for your seat to be held. Pay by cash, check, Purchase Order, ATI, TAN, MasterCard/Visa. Courses are subject to cancellation due to insufficient enrolment.

Refund Policy: 100% refund will be issued if course is cancelled by UCN. If student wishes to withdraw, a refund will be issued providing the voluntary withdrawal form is submitted to UCN 11 business days prior to first day of class.

****REVISED Deadline to register is 4:00pm, October 26, 2023****

Further information and course offerings can be found at UCN.CA/CIS

UCN acknowledges that we are on the traditional territories and homelands of many Indigenous peoples, who have existed here since time immemorial. The First Nations in the area that UCN serves entered into treaty relationships with the Crown and the territory has also become home to other Indigenous peoples. We uphold the treaties and collaborate with all Indigenous peoples to share truth, reconciliation and learning.

COURSE DESCRIPTIONS

All courses will be instructed in person by Steve Horner * [Link to instructor Bio](#) *

"Many thanks to Steve Horner for a job well done teaching the CISM course at UCN. It's a tough job but you managed to keep us captivated nonstop. I highly recommend this course and Steve as an instructor for any emergency services individuals that might be interested to obtain their certification." – Steve Molloy, Fire Chief

Assisting Individuals in Crisis (13 contact hours)

Course Description:

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 Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

Highlights:

- 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
- Risks of iatrogenic "harm"

Group Crisis Intervention (14 contact hours)

Course Description:

Designed to present the core elements of a comprehensive, 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 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.

Highlights:

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- "Resistance, resilience, recovery" continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)

The Secrets of Psychological Body Armor (7 contact hours)

Course Description

This course is designed to aid you in building a personal culture of resilience and holistic health. Our unique approach is intended to help you learn to better manage the stress in your life in order to increase your potential for happiness, success, and even create a competitive advantage through the creation of what we call Psychological Body Armor™. There is no "quick fix" in this program. It is not designed to be a "pop psych" feel-good course. Rather, this course contains facts and specific suggestions for actions you can take to enhance your personal resilience, all based upon the latest and most credible science.

Learning Objectives

Students will be able to:

- Describe the nature of Psychological Body Armor™ (PBA)
- Recognize resilient attitudes
- Use physical exercise to strengthen PBA
- Use nutrition to fuel PBA
- Use rest to recharge and restore PBA
- Use interpersonal support
- Understand how spirituality relates to PBA
- Develop a PBA plan