

# First Nations' Emergency Services Society of BC (FNESS)

Presents



## **BASIC and PEER CRITICAL INCIDENT STRESS MANAGEMENT**

**2-Day Training Workshops**

**Class Time:** 8:15 AM – 4:30 PM / **Min. Class Size:** 15 students

### ***Who should attend CISM Training?***

The Critical Incident Stress Management (CISM) Program is designed to assist in the recovery of individuals who have witnessed trauma, either in the workplace or in the community. Firefighters, police officers, ambulance attendants, emergency room nurses, community health workers and social workers, are often exposed to events that can overwhelm and traumatize such as accidents, fires, suicides or natural disasters. Anybody can suffer emotionally and psychologically as a result of a particularly disturbing event.

### ***What is covered in the BASIC CISM Program Workshop?***

The CISM Program covers a wide variety of topics from basic stress management to personality profiles of emergency workers, and interventions to assist those traumatized by incidents such as fire, automobile accident, suicide, drowning or any other critical incident. The workshop focuses on interventions that assist affected individuals to normalize the event. Those interventions are:

- on-scene support services
- pre-incident education
- defusings
- debriefings
- demobilizations
- one-on-one discussions
- family interventions
- community group sessions

### ***What is covered in the PEER CISM Program Workshop?***

This workshop will enable participants to better understand the impact of a critical incident, learn the steps toward resolution of trauma and gain strength from their incident. An understanding of the dynamics of trauma, peer support techniques and effective field-tested coping strategies will be emphasized. Several models will be taught through lecture and class exercises.

*The CISM Basic and Peer Training Curriculum used in this workshop is recognized by the International Critical Incident Stress Foundation (ICISF).*



***If you would like to REGISTER your community for CISM Training please complete the attached CISM APPLICATION FORM, and FAX it to FNESS at: (604) 669-9832***