

**Critical Incident Stress Management  
Training for Virginia Law Enforcement  
Mental Health, and Communications  
Professionals  
May 1-4, 2023**



The Virginia Law Enforcement Assistance Program, Cardinal Criminal Justice Academy, and Blue Ridge Behavioral Healthcare will be hosting an International Critical Incident Stress Foundation (ICISF) Critical Incident Stress Management Training, also known as peer training, May 1-4, 2023. The 4-day training includes two ICISF courses – the *Basic Group Crisis Intervention* course and the *Assisting Individuals in Crisis* course. Class will be held from 0800 -1700 hours with a one-hour lunch from 1200-1300 hours. These courses serve as the training foundation for many agencies with Law Enforcement Peer Support programs and meet the minimum requirements for Peer and CISM team accreditation by the Virginia Department of Health. This is also requisite training for peers involved with the Virginia Law Enforcement Assistance Program's CISM Team, and is designed for emergency responders in all disciplines. Mental health clinicians with prior experience working with law enforcement are also encouraged to attend.

**\*\*\*Students must attend all 4 days in order to receive credit for the course.**

Registration is capped at 40 participants.

**Please contact Operations Director, Adam Blevins of the Virginia Law Enforcement Assistance Program to register for this course.**

**Adam Blevins, CCISM**  
**540-817-9736**  
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**Location: Cardinal Criminal Justice Academy**

**[ICISF \*Assisting Individuals in Crisis\*](#)**

**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.

### **Program 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”

### **Continuing Education Information**

Completion of “Assisting Individuals in Crisis” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s [Certificate of Specialized Training Program](#).

## **ICISF *Group Crisis Intervention***

### **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.

### **Program 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)

Completion of “Group Crisis Intervention” and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF’s [Certificate of Specialized Training Program](#).

### **Continuing Education Information**

*Combined Three-Day Course: 8:00 a.m. – 4:30 p.m.*

#### **Hourly Agenda**

### **Assisting Individuals in Crisis**

#### **May 1**

0800-0920

Lecture: Understanding the nature & definitions of a psychological crisis and psychological crisis intervention.

0920-0940

Break

0940-1100

Lecture: Understand the resistance , resiliency, recovery continuum.

1100-1200

Lecture: Understand the nature and definition of critical incident stress management and its role as a continuum of care.

1200-1300

Lunch

1300-1420

Lecture: Discuss issues and findings of evidence-based practice as it relates to psychological crisis intervention.

1420-1440

Break

1440-1700

Lecture: Practice basic crisis communication techniques.

#### **May 2**

0800-0920

Lecture: Be familiar with common psychological and behavioral crisis reactions, including empirically-derived predictors of post-traumatic stress disorder.

0920-0940

Break

0940-1100

Lecture: Understand the putative and empirically-derived mechanisms of action in psychological crisis intervention.

1100-1200

Lecture: Practice the SAFER-Revised model of individual psychological crisis intervention.

1200-1300

Lunch

1300-1420

Lecture: Understand how the SAFER-Revised model may be altered for suicide intervention.

1420-1440

Break

1440-1700

Lecture: Understand and discuss the risks of iatrogenic "harm" associated with psychological crisis intervention and will further discuss how to reduce those risks.

## **Group Crisis Intervention**

### **May 3**

0800-0920

Lecture: Increase awareness of key terms and concepts relevant to the practice of crisis intervention and disaster mental health intervention.

0920-0940

Break

0940-1100

Lecture: Become familiar with relevant research findings.

1100-1200

Lecture: Become familiar with relevant recommendations for practice.

1200-1300

Lunch

1300-1420

Lecture: To understand the nature and importance of incident assessment and strategic intervention planning.

1420-1440

Break

1440-1700

Lecture: Understand the nature of the resistance, resilience, and recovery continuum and the role of the integrated multi-component Critical Incident Stress Management System (CISM).

### **May 4**

0800-0920

Lecture: Become familiar with large group crisis interventions, demobilizations and crisis management briefings (CMB).

0920-0940

Break

0940-1100

Lecture: Become familiar with small group crisis intervention, defusings, Critical Incident Stress Debriefing (CISD) and Small Group Crisis Management Briefing (CMB).

1100-1200

Lecture: Become familiar with risks of adverse outcomes associated with crisis intervention and how to reduce those risks.

1200-1300

Lunch

1300-1420

To practice large and small group crisis interventions.

1420-1440

Break

1440-1700

Lecture: To practice specifically the small group Critical Incident Stress Debriefing (CISD).