

Individual Crisis Intervention and Peer Support Training Course

(Curriculum of the International Critical Incident Stress Foundation)

NMDPS Accreditation Number: NM08101B

Course Syllabus

Law Enforcement exposes officers to potential or actual critical incidences daily. Continued stress takes its toll on physical, emotional, cognitive and behavioral functioning. About 50% of officers develop significant distress (Myers & Wee, 2005) that can cause dangerous and dysfunctional consequences. The potential for debilitating Post Traumatic Stress Disorder is between 10-15% (Everly & Mitchell, 1999).

ICIPS training is designed to lessen the secondary effects of disasters; burn out, compassion fatigue, and post-traumatic stress, by teaching tools to care for ones self and for one another in a **peer support system**. The course enhances resistance and resiliency in order to help you **keep your good people** functioning effectively.

Course Objectives

- Participants will understand the terminology as applied to the field of crisis intervention.
- Participants will understand communication skills and strategies for effective individual crisis intervention
- Participants will exercise these skills and demonstrate their understanding of these skills
- Participants will learn the SAFER-R model of individual intervention and stabilization.
- Participants will understand the personal impact of being a CISM team member

Course Schedule

DAY 1

8:30 - 10:00 Adminis-trivia, objectives, the need for this training, identify personal stressors, Critical Incident Stress signs and symptoms

10:00 - 10:15 Break

10:15 - 11:30 Video scenario, crisis intervention practice sessions in triads

11:30 - 1:00 Lunch

1:00 - 2:30 Ego defense mechanisms, historical roots of crisis intervention, current intervention practices

2:30 - 2:45 Break

2:45 - 4:30 Critical Incident Stress Management continuum of care intervention methods and where Individual intervention skills fit into the larger picture

DAY 2

8:30 - 10:00 Resistance/Resiliency/Recovery, when to use peers, introduce and practice peer skills

10:00 - 10:15 Break

10:15 - 11:30 Transference/Counter-transference, personal values group exercise

11:30 - 1:00 Lunch

1:00 - 2:30 Crisis communication skills, mechanisms of action

2:30 - 2:45 Break

2:45 - 4:30 SAFER-R model for individual crisis intervention, suicide intervention, do no harm, wrap-up, evaluations, certificates