



## *From Crisis Comes Growth*

Trauma Care Network



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### **Critical Incident Stress Management: Creating Excellence in Practice Guidelines®**

In studying and working with existing CISM theories for practice over the years, we at TCN have found that many models are highly structured and do not take into the account the ever-changing needs of affected individuals, the diversity of circumstances, or the impact of different intervention strengths and styles.

As CIS Interveners, we must learn to be flexible and adaptable while demonstrating a high level of expertise. This flexibility is crucial because no two people experience trauma in the same way, have symptoms that manifest themselves in the same way, or respond to trauma intervention in the same way.

### Consequently, **Critical Incident Stress Management: Creating Excellence in Practice Guidelines®**

has been developed to acknowledge these variable dynamics by incorporating existing theories for practice into a flexible and highly effective model; one that allows the Intervener to develop and practice core skills, and then learn how to adapt them so that the needs of affected individuals can be met more effectively.

### **Facilitator Dr. Michael Briks**

Dr. Briks holds seven University degrees and several professional certificates and has instructed at community colleges and universities for over twenty years. He has over 35 professional publications to his credit, including two clinical intervention models and a companion book of native wisdom.

Dr. Briks served as the Coordinator of Community Mental Health in Manitoba, Director of Outpatient Services (Brandon Mental Health Centre), Chief of Social Work Services (Ontario Ministry of Correctional Services) and Manager, Community Regional Services (Ministry of Citizenship, Province of Ontario). He is also Director of his own counselling service and specializes in Critical Incident and Post Traumatic Stress Management.

Trauma Care Network



presents

### **Critical Incident Stress Management: Creating Excellence in Practice Guidelines®**

**Dates: April 26 – 27, Level 1  
April 28 - 29, Level 2**

**2010**

**Toronto, Ontario**

at

**The YMCA  
20 Grosvenor Street  
Grosvenor Room  
Toronto, Ontario  
M4Y 2V5**

**613-564-8585 (during office hours)**

**NOTE:** This course meets partial requirements for individuals seeking certification from the Association of Traumatic Stress Specialists (ATSS) designation.

## Critical Incident Stress Management: Creating Excellence in Practice Guidelines©

### Level 1

This two-day course is designed to train participants in the effective management of Critical Incident Stress (CIS). Using directed lectures, group discussions, simulations and structured exercises, participants will gain an understanding of the different types of stress and their impact, and review and practice various intervention techniques.

- Define and review Critical Incident Stress, including the biophysical aspects of CIS, possible post-incident triggers, and the impact of CIS on human functioning.
- Examine human reactions to CIS, and the levels of human stress tolerance.
- Learn the core intervention concepts of CISM, with a focus on Defusings and Debriefings and their processes.
- Examine why and how CISM works
- Review the role of Peer Support Programs in CISM work.
- Participate in Defusing and Debriefing simulations.

### Level 2 (prerequisite Level 1)

This two-day advanced level course builds on the material presented in Level 1. Through the use of role-playing, simulations and case discussions, participants will practice specific aspects of Critical Incident Stress Management and apply the process to different situations, identify and problem solve difficulties that may arise and learn how to adapt the skills and processes to other settings.

- Review the core components of CISM and their role in PTSD prevention.
- Learn how to assess the need for response and explore the role of post-debriefing follow up.
- Learn how to undertake one of the "Big Five" Interventions.
- Explore the key Intervention concepts for working with children.
- Learn how to modify the structure and process of an Intervention to respond to different situations and different circumstances.
- Learn how to recognize and avoid potential obstacles.
- Explore the concept of Compassion Fatigue and how to prevent it.

### Registration

Pre-registration is required for these courses. Participation is limited.

### Length

Courses run from 8:45 a.m. to 4:30 p.m.

### Location:

**The YMCA,  
20 Grosvenor Street,  
The Grosvenor Room  
Toronto, Ontario  
M4Y 2V5**

### Dates

Level 1 – April 26 – 27, 2010

Level 2 – April 28 – 29, 2010

### Payment

All fees are payable in advance by cheque and must accompany your registration form. Fees are payable to the **Trauma Care Network**.

### Cancellation Policy

Cancellations received up to 10 days before the workshop are refundable, less an administration charge of \$30.00.

### Certification

These courses qualify as a credit towards the Association of Traumatic Stress Specialists (ATSS) requirements for individuals seeking certification as a Certified Trauma Responder (CTR), Certified Trauma Specialist (CTS) and / or Certified Trauma Services Specialist (CTSS) designation. Visit [www.atss-hq.com](http://www.atss-hq.com)



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Sign up for:	Price	GST	Total
<input type="checkbox"/> Level 1: Apr 26-27	\$500.00	\$25.00	<b>\$525.00</b>
<input type="checkbox"/> Level 2: Apr 28-29	\$500.00	\$25.00	<b>\$525.00</b>
<input type="checkbox"/> Level 1&2: Apr 26-29	\$800.00	\$40.00	<b>\$840.00</b>

Cheque enclosed for: \$ \_\_\_\_\_

**PLEASE PRINT**

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Name

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