

## **COURSE DESCRIPTION** funding provided by Department Of Justice Canada

CISM Review **Friday, April 26 & Psychological First Aid Saturday, April 27, 2013**

Each one day class from 8:30AM – 4:30PM

Presenters: Caren Condrotte - Coordinator Critical Incident Response & Peer Support

Alberta Health Services EMS and ICISF Approved Instructor

Jacqui Linder - Registered psychologist and certified Clinical Traumatologist

Location: Jasper Fire Hall, 518 Geikie Street, Jasper AB

Lunch: Provided

### **Day 1 CISM Review**

This course will be a refresher for those trained in Group Crisis Intervention, as well as an introduction to Critical Incident Stress Management for those that are interested.

#### **1. Review of Concepts**

\*Resistance, Resilience, Recovery \*CISM Intervention Timeline \*Stress vs. Distress \*Resilience, Recovery \*Review the “Terrible 10 for Responders” \*Strategic Planning/Assessment – group intervention planning \*Leadership in CISM

#### **2. Review of Large Group Interventions**

\* Rest Information Transition Services (RITS) \* Respite Centres – Disaster \* Crisis Management Briefings (CMB)

#### **3. Review of Small Group Interventions**

\*Group Curative Factors \*Defusings \*Critical Incident Stress Debriefings \*Defusing the Defusing Team \*Role play/simulations

#### **4. Problems & Pitfalls**

\*Common Problems in CISM \*Problems in Group Process \*Contraindications for CISM  
\*Miscellaneous

#### **5. Wrap-up & Evaluation**

### **Day 2 Psychological First Aid**

Psychological First Aid is designed to provide front line workers and first responders with a comprehensive overview of the pervasive psychological impact of exposure to traumatic stress. In this course participants will learn about the: 1) four specific categories of trauma; 2) variables related to trauma severity; 3) neurobiology of traumatic stress; 4) impact of trauma on the human nervous system; 5) common mental health disorders that emerge from psychological trauma; 6) nature of traumatic memory and its impact on eye witness testimony; 7) practical application of trauma stabilization techniques.

See Jacqui Linder’s bio at:

<http://www.chrysalisnetwork.org/board-of-directors/executive-director>

Jacqui replied to a question about similar Psychiatric First Aid courses and explained: The course I developed was adapted from the basic PSA model to be used in chronically traumatized populations as opposed to acute trauma, which is what PSA was initially designed for. As such, it includes advanced information on trauma psychology, attachment theory, and the neurophysiology of traumatic stress, none of which are part of the basic PSA course.

## **Accommodation and Travel**

Conference delegates have been offered a special rate at The Jasper Inn, 1-800-661-1933.

The Course participant rate is **\$105.00** for a standard room, **\$115.00** for a studio, or **\$120.00** for an upper loft with kitchen and fireplace. Quote the keyword: Jasper Victim Services.

**\*\*Please make your own hotel arrangements – there is no block of rooms, so this rate is first come, first served\*\***

# Jasper Victim Services Unit

**780-852-2275**

**RCMP Detachment, 600 Bonhomme Street P.O. Box 2781, Jasper, Alberta T0E 1E0 \* Fax 780-852-3883**

## **COURSE AGENDA** - Training Fees – **National Victims of Crime**

**Awareness Week 2013** funds are heavily subsidizing this training.

Course fee includes materials, GST Included.

**\$75.00** for a one day registration (please circle the 1 day if you are only attending one day)

**\$100.00** Early Bird Registration by March 15, 2010

**\$150.00** for registrations received after March 15.

## **Registration & Cancellation Policies**

1. Registration fees must be paid in full to attend the course.
2. Notice of cancellation must be made in writing to [jaspervsu@telus.net](mailto:jaspervsu@telus.net). A \$75 cancellation fee will be applied to all registrations until March 15, 2010. After this date, no refunds will be issued.
3. The training course can be paid for by cheque only, made payable to Jasper Victim Services.

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### **3 Easy Ways to Register:**

☐ **Email:** [jaspervsu@telus.net](mailto:jaspervsu@telus.net)

☐ **Fax to:** (780) 852-3883

☐ **Mail cheques to:** Box 2781 Jasper, AB T0E 1E0

Personal Information PLEASE PRINT OR TYPE

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Credentials (Maximum3) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, Province \_\_\_\_\_ POSTAL/ZIP CODE \_\_\_\_\_

WORK PHONE NO. (\_\_\_\_\_) \_\_\_\_\_ HOME PHONE NO. (\_\_\_\_\_) \_\_\_\_\_

EMAIL (Block print clearly): \_\_\_\_\_

Company or Organization \_\_\_\_\_

PRIMARY OCCUPATION (Circle only one ): Psychologist | Social Worker | Substance Abuse Counselor | Counselor | Fire | EMS | Victim Services | Law Enforcement | Nurse | Education | Healthcare | Military | Faith-Based Providers | Business & Industry | EAP | Transportation | Student | Other: \_\_\_\_\_

For day 1, is this a ☐ Refresher or a ☐ Introduction to ICISF Courses (Group Crisis Intervention).

Are you a member of a CISM Team? o YES o NO If Yes, provide Team Name: \_\_\_\_\_

o Check here if you require special arrangements to accommodate a disability.

o Check here if you require special meal / dietary arrangements.

☐ CHECK ENCLOSED payable to Jasper Victim Services, \$30.00 fee on all returned checks.

Paul Schmidt

Jasper Victim Services Coordinator

Jasper Victim Services Society

780-852-2275

[jaspervsu@telus.net](mailto:jaspervsu@telus.net)

<http://www.jasper-alberta.com/vsu>

