



February 5 – 7, 2015

Taking Care of our Own: CISM and Beyond

The Changing Concepts of CISM • Marriott Chesapeake Hotel

725 Woodlake Drive, Chesapeake, VA 23320

Register On-line now at www.tidewaterems.org/cism

Register before January 15, 2015 for the Early Bird Discount rate of \$65.00 per person. After January 15, 2015 the price per person is \$75.00. Group rates available at Hotel! All classes have a limit of 50 persons. Fee covers all class materials, certificate of completion, continental breakfast each day, beverage breaks, lunch each day & one official entrance ticket to the Friday night Casino Social & Educational Fundraiser with Casino money to start the night. Stay Friday night and Build connections with h'orsdevers, networking being the hi-light of the evening. Everyone can be a winner!

Course Descriptions

Three Day - Individual & Group Crisis Intervention

Individual Crisis Intervention and Peer Support & Group Crisis Intervention combination course. The most commonly experienced crisis reactions, as well as the risks of iatrogenic "harm" and adverse outcomes associated with crisis intervention will be explored. Concepts taught include the resistance, resiliency, recovery continuum and strategic intervention planning. Basic crisis communication, suicide intervention, and the SAFER-Revised model are techniques that will be taught.

Two Day - Compassion Fatigue

Compassion fatigue is known by many names secondary victimization, secondary traumatic stress disorder, and vicarious traumatization. It is, simply expressed, a byproduct of care giving. Professionals who work with severely traumatized individuals are at high risk. Family and friends of trauma victims are susceptible to traumatic stress, as well as the professionals who treat the victims. Police, fire fighters, EMT's, and other emergency workers report that they are most vulnerable to compassion fatigue when dealing with the pain of children. This course involves hands on solutions which can make a dramatic difference in the professional and private lives of those working with and around trauma.

One Day - Psychological 1st Aid

In this workshop students will learn about ways of thinking about the trauma induction and reduction process; how to consider the most appropriate assessment and diagnostic instruments; how resiliency and stress reactions are determined in part by the history and current social resources traumatized personality; how to classify the presenting symptoms of the traumatized and determine the best intervention approach from an array of approaches; and the pitfalls to burnout and secondary trauma (compassion fatigue).

One Day - Stress Management Class "Working Wounded"

Students will Learn and begin to gain valuable decoding processes when it comes to observing characteristics and traits of many stressful scenarios. They will learn to identify percentages of jobs / career populations that are at a greater risk for developing stress, compassion fatigue and burnout. Identify cognitive, physical, emotional, and behavioral warning signs of stress.

Two Day - Suicide Prevention, Intervention & Postvention

Suicide is a significant problem for military personnel, law enforcement, first responders, and American youth. Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This course will provide answers for these and other questions many of crisis interventionists have about suicide. It will provide participants with basic information about suicide as well as help participants develop practical skills for prevention, intervention, and postvention. Small group role plays will allow participants to apply the suggested techniques as they are learned.

Two Day - Grief Following Trauma

In the course of one's career, it is inevitable that professionals will encounter traumatic death and loss issues both personally and professionally. Professionals often feel ill prepared to provide effective care throughout the grief process. This course will cover key grief and loss concepts relating to trauma and traumatic death. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic death and loss.

Thursday Feb 5	Friday Feb 6	Saturday Feb 7
3 Day Individual and Group Crisis Intervention Combo Course (Martin)		
2 Day Compassion Fatigue, Green Cross (Reese)		1 Day Psychological First Aid (Reese)
1 Day Psychological First Aid (Keys)	2 Day Suicide Prevention & Postvention (Todd)	
1 Day Stress Management/Working Wounded (Todd)	2 Day Grief Following Trauma (York)	