


## HUGHES/STANLEY COUNTY EMERGENCY MANAGEMENT

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Date: December 23, 2016

From: Robert Fines, Director   
Hughes/Stanley County Emergency Management

To: Emergency Personnel

Location: River Cities Transit Community Room  
1600 E. Dakota Ave., Pierre, SD

Re: CISM Training, February 1-3, 2017

Central South Dakota CISM will be hosting Critical Incident Stress Management (CISM) training for individuals interested in helping support emergency personnel in Central South Dakota.

Our goal is to train individuals throughout Central South Dakota that could be called to help emergency responders that have encountered a traumatic situation.

We encourage individuals from all areas of emergency response to participate in this training. By building a team throughout Central South Dakota we can ensure quick response to all areas.

Training will be held February 1<sup>st</sup> and 2<sup>nd</sup> for the Basic Class and February 3<sup>rd</sup> for the Advanced Class. Classes are scheduled from 8:00am-4:30pm each day. Lunch is on your own for participants. Avera St. Mary's will supply snacks/beverages all 3 days. The training will be held at River Cities Transit Community Room, 1600 E. Dakota Ave., Pierre, SD.

We have funding to train 25 students.

Hotel availability in Pierre may be limited at this time of the year due to the legislature. LET may have some space for lodging for members of law enforcement.

Attached is the course description.

To register please contact Sandy Cronin at 605-773-2292 or email at [Sandy.Cronin@co.hughes.sd.us](mailto:Sandy.Cronin@co.hughes.sd.us) with your contact information. Contact Rob Fines at 605-773-7454 or 605-280-1050 or email [rob.fines@co.hughes.sd.us](mailto:rob.fines@co.hughes.sd.us) with questions.

## **Basic Critical Incident Stress Management**

Basic CISM is designed to present the core elements of a comprehensive and multi-component crisis intervention curriculum.

This two-day course prepares participants to understand a wide range of crisis intervention services, including: pre and post incident crisis education; significant other support services; on scene support services; crisis intervention for individuals; demobilizations after large scale traumatic incidents; group defusings and critical incident stress debriefings; as well as crisis management briefings as used in school and business settings.

This basic course prepares participants to provide several of these group crisis interventions, specifically demobilizations and crisis management briefings, defusings and debriefings. The need for follow up services is also addressed.

It provides an in-depth education on Critical Incident Stress Debriefings (CISD), and defusings. The basic CISM training is open to any person who wishes to know more about crisis intervention techniques. As a result of this training, participants will be able to:

- Define stress, CIS, and PTSD.
- List the 10 basic interventions of CISM.
- Define and describe in detail the CISM group process of defusings, demobilizations, and debriefings.
- Conduct Critical Incident Stress Debriefings and Defusings.
- Describe the history, philosophy, purpose, and protocols of CISM.
- Recognize the impact and dynamics of stress and crisis interventions.
- Assess when a CISM intervention is appropriate.
- Apply CISM concepts to a variety of settings

## **Advanced CISM Workshop – (Recommend individual has had Basic CISM training 6 months prior)**

This training is designed to provide participants with the latest information on CISM techniques and post trauma syndromes. Basic CISM presented the "how-to" information; Advanced CISM presents the "why" of CISM. It has been developed for those individuals already trained in CISM techniques, but who wish a deeper understanding of issues and techniques. The program emphasizes a broadening of the knowledge base concerning critical incident stress interventions, as well as Post Traumatic Stress Disorder.

This program addresses advanced concepts which are the foundation of CISM, i.e., the debriefing and defusing interventions. Special emphasis is placed upon troubleshooting difficult and complex situations. The attendees will be exposed to specific; proven strategies to intervene with those suffering the ill effects of their exposure to trauma. It will be very useful for those who are working extensively with traumatized victims from many walks of life.

Upon completion of this course, the participants will be able to discuss the pathological consequences of traumatic stress, understand the theoretical basis of CISM and the research regarding CISM, and be able to better conduct Debriefings and Defusings.

- Defining a crisis
- The nature & scope of crisis intervention
- A Rationale & Mechanisms of action for CISM
- Lessons learned - in CISM & stress management
- Psychotherapy vs. CISM
- Post Traumatic Stress Disorder
- Research outcomes - CISM
- Disasters and CISM
- Common mistakes & Troubleshooting - CISD/Defusings
- Practice in defusings
- Multi-incident CISD