



# Critical Incident Stress Management Training

## Overview

Learn to address the psychological impact of traumatic incidents through a comprehensive 2-day or 3-day Critical Incident Stress Management Training. Gain essential skills for individual and group crisis intervention, enhancing resilience and recovery.



## How This Course Will Benefit You

This training is vital for professionals across various fields, including emergency services, healthcare, and corporate crisis intervention. You will develop the knowledge and tools necessary to manage and mitigate the psychological effects of critical incidents on employees and teams. Whether dealing with sudden, traumatic events or ongoing crises, you will be prepared to offer crucial support, promoting mental wellness and facilitating a quicker return to normalcy. The course not only enhances personal resilience but also empowers you to contribute significantly to the recovery and well-being of affected individuals and groups, making a positive impact in high-stress environments.

## Course Objectives

Equip yourself with effective crisis intervention techniques for traumatic events. This will help you:

- Understand the fundamentals of Critical Incident Stress Management (CISM).
- Learn to conduct demobilizations, defusings, and Critical Incident Stress Debriefing (CISD).
- Acquire skills for supporting individuals and groups through crisis intervention services.

## Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals