

# GROUP & INDIVIDUAL Crisis Intervention and Peer Support

Instructor: Daniel Clark P.h.D, Washington State Patrol

## Individual Crisis Intervention and Peer Support

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called “emotional first aid” or peer support. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

### Agenda

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- SAFER-Revised model
- Suicide intervention
- Risks of iatrogenic “harm”

## Group Crisis Intervention

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically Crisis Management Briefings, Defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

### Agenda

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- “Resistance, resilience, recovery” continuum
- Large and small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks

**WHERE**  
**East Jefferson  
Fire  
Rescue Station 1-1**  
9193 Rhody Dr. Chimacum  
WA 98339

**WHEN**  
**June 9-11, 2017**  
**8:00 - 17:00**

**COST**  
**\$300.00**  
**Check made out to :**  
**JC EMS Council**  
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**Crodrigues@jgh.org**

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