



## GRIN Class – Individual and Group Support Class Description

This 3-day course combines ALL of the content of the International Critical Incident Stress Foundation's (ICISF), Assisting Individuals in Crisis & Group Crisis Intervention courses.

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". Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, this course will prepare participants to understand a wide range of crisis intervention services for both the individual and for groups. 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 demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

### **Program Highlights**

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- Putative and empirically-derived mechanisms
- SAFER-Revised model
- Suicide intervention
- Relevant research findings
- Large group crisis interventions, Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Critical Incident Stress Debriefing (CISD)

# Critical Incident Stress Management (CISM)

## GRIN CLASS - INDIVIDUAL AND GROUP SUPPORT

Instructor:  
**Dr. Paul Ellis**

The instructor for  
this class is an  
approved  
International Critical  
Incident Stress  
Foundation (ICISF)  
instructor.

## REGISTRAR

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