

Crisis & Trauma Training:

Crisis Response Planning & Critical Incident Group Debriefing



July 10th-12th, 2018

Soda Creek Gym

CTRI Inc. to facilitate two workshop days of training over the course of three days. Lunch will be provided each day. Must register by **July 6, 2018 at 4pm**. Call 250-989-2355 to register with Maxine.

~WARNING~ When considering this training ensure that you have done a self check-in and are prepared to participate in the Crisis & Trauma Training.

Tuesday, July 10th

1:30-4:30 pm

Wednesday, July 11th

8:30-4:30 pm

Thursday, July 12th

8:30-12:00 pm

Start times are sharp

SCHEDULE

DAY 1

July 10th

First half of **Crisis Response Planning**

DAY 2

July 11th

Morning, second half of **Crisis Response Planning**

Afternoon, first half **Critical Incident Group Debriefing**

DAY 3

July 12th

Morning, second half **Critical Incident Group Debriefing**

WORKSHOP DESCRIPTION

Crisis Response Planning

This training will focus on how to organize effectively and quickly at a time of high stress so that groups are better prepared to respond to the emotional needs of those affected by a critical incident. A key component of the training is review of a Crisis Response Checklist, an important tool when managing the complexities of a critical incident. Participants will leave the workshop with a clear understanding of how to implement their own crisis response team and plan for their specific environment.

WORKSHOP OUTLINE

- Definitions and Overview
- Spectrum of Critical Incidents
- Trauma – An Overview
- Crisis Response Team and Plan Development
- Crisis Response Planning Checklist
- Organizing in Times of High Stress
- High Risk Individuals
- Media Relations
- Individual Debriefing
- Critical Incident Group Debriefing
- Memorials
- Evaluation and Debriefing
- Follow-up Assessments
- Trigger Events and Anniversaries
- How Suicide is Different

Critical Incident Group Debriefing

Critical Incident Group Debriefing (CIGD) is a short-term group intervention process that focuses on an immediate event. CIGD is one of several methods that may be utilized to lessen the likelihood of participants experiencing symptoms of trauma and stress after a critical incident. This group debriefing process provides a place for participants to talk and share experiences, and for the facilitator to teach and provide information about the impact of critical incidents. While participants of this workshop will learn how to facilitate a group debriefing, they will also learn how to discern when CIGD is appropriate for a group or when it might not be suitable intervention.

WORKSHOP OUTLINE

- Definitions and Overview
- Role of Critical Incident Group Debriefing
- Possible Reactions to a Critical Incident
- Response Variables
- Post-Traumatic Stress Disorder
- Group Debriefing History
- Group Debriefing Models
- Benefits and Problems with Group Debriefing
- Preparing for a Group Debriefing
- CIGD Phases
- Considerations About the Process
- Tips for Facilitators
- Co-Facilitating

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