

Critical Incident Stress Management

The Southern California CISM Team...aka...
The Counseling Team International (TCTI)

Dedicated to Serving Those Who Serve



Purpose...

Critical Incident Stress Management (CISM) programs:

- **Lessen** the emotional impact on personnel exposed to a critical incident
- **Accelerate** recovery from the event, before harmful stress reactions damage work performance, health, work and family relations...to stop reactions before they start and to confine them before they spread to other employees
- **Provide** an atmosphere of concern and caring within the organization and avoid creating disgruntled employees
- **Reduce** sick leave, tardiness and Worker's Compensation claims

TCTI began providing CISM training in 1990 and continues to provide a 2-day conference.

Mission...

TCTI specializes in Critical Incident Stress Management, particularly as it applies to trauma.

We are equipped with cell phones and at least two team members are available for call-out services 52-weeks a year, 7-days a week, and 24-hours a day. The time of response is within 2 hours from the request for help. Our out-of-state response time is 48 hours.

TCTI's Critical Incident Stress Management services are currently utilized by various agencies for specific types of critical incidents. A **critical incident** is any event or experience, usually unexpected which has the power to over-whelm the defenses of an individual.

"As crises and disasters become epidemic, the need for effective crisis response capabilities becomes obvious. Crisis intervention programs are recommended and even mandated in a wide variety of community and occupational settings."

George S. Everly, Jr., Ph.D., C.T.S.
Jeffrey T. Mitchell, Ph.D., C.T.S.
The International Critical Incident Stress Foundation

Stages of Stress...

Daily Stress

Everyone experiences – work, family, health, finances, education, legal, etc.

Cumulative Stress

Prolonged stress that can lead to adverse mental and/or physical consequences

Critical Incident Stress

Acute stress – produces considerable psychological distress

Post Traumatic Stress Disorder

Severe distress produced by severe trauma – unresolved critical incident stress

Over →



Critical Incidents...

- Major disasters
- Earthquakes
- Hurricanes
- Aviation accidents
- Floods
- Train accidents
- Terrorism
- Major traffic collisions
- Crimes against children
- Sudden Infant Death Syndrome
- Unusually gruesome crimes
- Death or serious injury of a civilian involving equipment or personnel
- Riots in correctional facilities
- Toxic chemical fire/explosions
- Failed rescue attempts
- Exposure to communicable diseases
- Officer involved shootings
- Police officer gone bad
- Suicide/death of an inmate
- Execution of an inmate
- Hostage or barricaded situations
- 911 crisis calls
- Escapes

Debriefing Process...

7 Phases

- 1) Introduction phase
- 2) Fact phase
- 3) Thought phase
- 4) Reaction phase
- 5) Symptom phase
- 6) Unfinished Business phase
- 7) Teaching phase

Additional Phases

- Wrap-Up phase
- Round Robin phase

Testimonials...

"Our most valuable asset are the men and women that stand on the front line, so we need to insure that we care for them after the crisis is over. During my thirty-four years of service, I experienced first hand how early intervention saves human resources and treatment costs long term. The Counseling Team International is on the forefront of CISM and continues to improve the treatment of law enforcement personnel during times of need."

James E. Nunn

Sheriff's Deputy Chief (Ret.)
San Bernardino County Sheriff's Department

Training...

The Basic CISM training is open to any person who wishes to know more about crisis intervention techniques such as the CISD.

14 CEUs Available!

Board of Behavioral Sciences Provider # PCE 2630
POST - Certification # 7180-10560 (Plan IV)
STC - Certification # 874-26925
ICEMA - Certification # 62-2032 - Fire Personnel



A defusing/debriefing is a confidential, non-evaluative discussion of the incident with a Mental Health Professional who understands the dynamic thoughts and reactions involved with traumatic events. Participants learn to understand their reactions and to strengthen their coping mechanisms.

Conference topics:

- Stress Preventatives
- Critical Incidents
- Team Development/Team Operations
- Demobilizations/Defusings
- Debriefings 7 Phases
- Individual Consults/Significant Other Support/Informal Discussions
- And more...