Helping the Helpers

Topics in Trauma 2017
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Source of information for this presentation:
GROUP CRISIS INTERVENTION
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www.icisf.org
Critical Incident Stress Management (CISM)

- A specialized package of crisis intervention techniques that are used to alleviate the reactions to traumatic experiences.

- A crisis intervention program that is Comprehensive, Integrated, Systematic, and Multi-component.
Six Core Elements of CISM

- Strategic Planning
- Informational Groups
- Interactive Groups
- Individual/PFA
- Resilience
- Assessment /Triage
Goals of Crisis Intervention

- Lower Emotional Tension
- Normalize their reactions and facilitate normal recovery process
- Restore individuals to adaptive functions and enhance unit cohesion and performance.
- Identify individuals who may need professional care and make appropriate referrals
Why Does Crisis Intervention Work?

- Establishing a sense of safety
- Calm
- Instilling a sense of being able to solve problems for oneself or as part of a group
- Establishing a social support
- Fostering hope
‘hearing from peers may be more helpful than receiving guidance from a therapist since peers can identify with one another.’

- Irvin David Yalom, MD, 2005, Stanford University
Critical Incident Stress Debriefing and Defusing

- Is ONE crisis intervention technique in a CISM program
- Designed to assist an homogenous group after a critical incident
- It is NOT psychotherapy, or a substitute for psychotherapy. It will not cure PTSD. It is not a cure for a mental disorder.
- It is a support tool designed to enhance unit cohesion and performance after an homogenous groups’ exposure to a traumatic event.
Individual Crisis Intervention

- Psychological alignment
- Active Listening
- SAFER-R model
- Follow-up and/or Referral
For CISM activation contact:
Dorchester Central Dispatch
(Non-Emergency)
(410) 228-2222

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