

PROGRAM DOCUMENTATION FORM

Course Title: Assisting Individuals In Crisis and Group Crisis Intervention (GRIN)

Objectives	Content	Time Frame	Faculty	Teaching Method
List objectives in operational/behavioral terms	List each topic area to be covered and provide a description or outline of the content to be presented	State the time frame for the topic area	List the faculty person or presenter for each topic	Describe the teaching method/s used for each
List at least four fundamentals of crisis intervention.	Fundamentals of Crisis Intervention a. Rapid intervention b. Stabilization c. Mobilization of Resources d. Restoration to Function	1.5 hours		Illustrated / Lecture
Demonstrate the techniques of active listening.	Techniques of Active Listening a. Attending b. Positioning c. Questioning d. Informing	1.5 hours		Demonstration / Role Playing
Compare open vs. closed ended questions.	Open vs. Closed-Ended Questions a. Allow discussion b. No specific goals	1 hour		Lecture
Explain the concept of interpretation.	Interpretation a. Cautions b. Limits c. Process d. Uses	1.5 hours		Lecture
Demonstrate cognitive reframing techniques.	Cognitive Reframing Techniques a. Definition b. Methods c. Timing	1.5 hours		Demonstration / Role Play

Defining non-verbal communication.	Non-Verbal Communication a. Body Language b. Posture c. Facial Expressions d. Eye Movements	1.5 hours		Lecture
Discuss group dynamics in CISD sessions.	CISD and Group Dynamics Theory a. Elements of Group Dynamics b. Roles of Support Personnel	.75 hours		Lecture
Describe common psychiatric symptoms after trauma.	Common Post-Trauma Psychiatric Symptoms a. Mental Confusion b. Anxiety c. Rage d. Major Symptoms of Psychosis	.75 hours		Lecture
List risk factors for suicide.	Risk Factors for Suicide a. Age b. Weapon c. Gender d. History	.75 hours		Lecture
Describe the grief process	The Grief Process a. Denial b. Anger c. Bargaining d. Acceptance	.5 hours		Lecture
Discuss the effects of counseling other peers.	Risks to Peers and Transference	.5 hours		Lecture / Discussion

<p>At completion of the session, the participant will be able to:</p> <p>Define:</p> <p>a) Stress</p> <p>b) CIS</p> <p>c) PTSD</p>	<p>a) Stress</p> <ul style="list-style-type: none"> - nature of - difference between - general & critical <p>b) CIS</p> <ul style="list-style-type: none"> - definition - examples <p>c) PTSD</p> <ul style="list-style-type: none"> - end state - maladaptive - pathological 	<p>1 hour</p>		<p>Illustrated Lecture</p>
<p>List the common causes of Critical Incident Stress</p>	<p>Causes of CIS</p> <ul style="list-style-type: none"> - highly traumatic event - line of duty death - line of duty injury - suicide of known person - multi-casualty incident - personal threat - etc. 	<p>.5 hours</p>		<p>Illustrated Lecture</p>
<p>List the effects of Critical Incident Stress</p>	<p>Effects of CIS</p> <ul style="list-style-type: none"> - cognitive - physical - emotional - behavioral 	<p>.25 hours</p>		<p>Illustrated Lecture</p>

<p>Identify the most common Critical Incidents</p>	<p>Common CI</p> <ul style="list-style-type: none"> - children – deaths or injuries - personal threat - prolonged incident - excessive media - etc. 	<p>.25 hours</p>		<p>Illustrated Lecture</p>
<p>List the 10 basic interventions of CISM</p>	<p>List of CISM interventions</p> <ul style="list-style-type: none"> - on scene support - pre-incident education - demobilization - defusing - debriefing - individual consults - spouse support - specialty debriefings - follow-up services - initial discussions 	<p>1 hour</p>		<p>Illustrated Lecture and Videotape</p>
<p>Define and describe in detail the CISM group processes of</p> <p>a) Demobilization</p> <p>b) Defusing</p> <p>1. Describe the 3 steps of a defusing</p> <p>c) Debriefing</p> <p>1. Describe the 7 phases of a CISD</p>	<p>Definitions of:</p> <p>a) demobilization</p> <ul style="list-style-type: none"> - disaster only - logistics - process - follow-up <p>b) defusing</p> <ul style="list-style-type: none"> - immediate - 3 parts <ol style="list-style-type: none"> 1. introduction 2. exploration 3. information <p>c) debriefing</p> <ul style="list-style-type: none"> - 3 hours in length - 7 phases - cautions 	<p>2 hours</p>		<p>Illustrated Lecture Videotape / Discussion</p>

Questions/Wrap Up	Observe and discuss videotape of defusing	3 hours		Demonstration / Discussion Role play / Discussion / Videotape
	Observe & discuss role play of defusing Participate in role play of defusing	1.5 hours		Discussion Illustrated
	“CISD – Techniques of Debriefing” video - Discussion	1.5 hours		Lecture
	CISD details - room size - when to do - leaders’ role - team members’ role - process	3 hours		Demonstration / Discussion
	Role Play of Debriefing	.25 hours		Lecture / Discussion