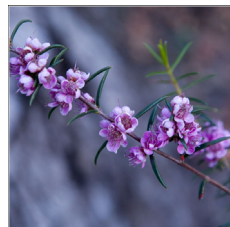


**CRITICAL INCIDENT STRESS MANAGEMENT FOUNDATION
AUSTRALIA INC**

**MARCH UPDATE 2010
CISMFA Courses**

P.O. Box 554 Carlton South
Victoria 3053 Australia
Ph: (03) 9663 7999
Fax: (03) 9663 5422
Email: info@cismfa.org.au
Web: www.cismfa.org.au



**Revised Fees
Revised Dates**

**Education and Training
in your Workplace**

*If you would like to discuss any
CISMFA Courses, training or
workshops within the brochure or
on the CISMFA website being
delivered in your workplace,
please contact*

*Linda: linda@cismfa.org.au
or (03) 9663 7999*

**Courses
Training
Education
Conferences
International Educator Program
Membership**



Assisting Individuals in Crisis

Crisis interventions are typically done individually or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. Topics include the role of individual crisis intervention in a comprehensive Critical Incident Stress Management (CISM) program; terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention; crisis communication techniques; psychological reactions to crisis and trauma; the SAFERR protocol for individual crisis intervention; and finally common problems encountered while working with individuals in crisis. The two-day program includes practical strategies in containment of individuals psychologically as well as behaviourally, and understanding the resistance, resiliency and recovery continuum.

Strategic Responses to Crisis

Effective early intervention programs need to know what sequence of crisis intervention processes to use, for which individuals or groups, at what times and under what circumstances. Topics in this two-day course include: assessing both crisis situations and the effects of critical incidents on people involved in those situations, effective plans of action to assist, strategically plan and use tactical decision making with emphasis as rationales for choosing one set of crisis intervention process over another, sequence processing as well as a series of exercises designed to sharpen assessment and crisis planning skills.

Building Connections with Reflective Practice

Those working in human and essential service areas are exposed to a wide range of experiences which may include crises, trauma and grief within their workforce population. Managers, team leaders, supervisors, peers and other support staff have various roles in ensuring that staff and volunteers alike are well cared for and have the opportunity to process their experiences.

An essential component of reflective practice in the human services and related fields is to attend to the impact of the work on individual workers. This one day interactive training program is designed for supervisors and practitioners in the human services field who are interested in a holistic approach to practice and learning. The concept of reflective practice, including the elements, principles, benefits and structure of the reflective process, will be examined together with Kolb's learning theory. Conditions that promote reflective practice as well as challenges, strategies and applications of reflective practice for the workplace will be considered and discussed.

Group Crisis Interventions

The CISM: Group Crisis Intervention training program presents the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. This two-day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, crisis intervention for individuals, demobilisations and crisis management briefings after large scale traumatic incidents, and small group defusings and debriefings. The need for appropriate follow-up services and referrals when necessary is also described. *This is a skills based course that prepares individuals to provide these interventions.*

Advanced Group Crisis Interventions

This two-day course broadens the knowledge base in critical incident stress interventions as well as Post-Traumatic Stress Disorder which was established in the basic program and/or publications. Content includes CISM response to difficult & complex situations (eg line-of-duty death; suicide of a worker) as well as advanced defusings and debriefings in complex situations. There is a segment on CISM response to disasters including the planning and administration of CISM programs. Support for the CISM service providers is discussed including compassion fatigue. *Pre requisite: Completion of approved Group Crisis Interventions Group course.*

The Social Dimension of trauma & Disaster: Tracing impact and promoting recovery for relationships and communities.

Traumatic events affect the individuals involved by changing their social relationships as well as their own personal state. Although we may be familiar with Posttraumatic Stress, there are consequences for large and small groups from partnerships to families and communities. The social consequences are at the same time personal since every individual carries on their lives in a community of relationships. This workshop will draw on many observations of disasters and traumatic events to describe the social impacts and show how they can be anticipated and managed using interventions strategies aimed at promoting specific forms of communication to prevent some of the more destructive consequences. Participants will be encouraged to share their own observations.

Recognising and Managing High Arousal after Traumatic Experiences: The theory and technique of Psychological First Aid.

Traumatic experiences are caused by high levels of threat which in turn place the person into heightened arousal in response. This state is central to the posttraumatic condition and research has shown that continuing high arousal is associated with increased risk of later mental health difficulties. It is therefore important to reduce the arousal and initiate recovery as early as possible. This workshop will draw on extensive observations of people at all states of response to traumatic events to show how their state of arousal can be recognised and will describe simple techniques of psychological first aid which can be provided as soon as possible. Materials will be used to show how different states of arousal can be identified and reduced.

Suffering and Transformation ...a reflection

In the face of trauma, crisis, grief, illness and bereavement, the experience of both suffering and transformation are often times associated. This one day workshop provides an opportunity for individuals to reflect on the expressed belief that suffering is transformative. It provides participants with the opportunity to explore issues such as post traumatic growth, to participate in discussion about the experience of suffering and examine sensitive and respectful ways of supporting the potential for positive transformation. This workshop is designed for all health care workers interested in expanding conversations on trauma and holistic health.

Cultivating Wellbeing: In Pursuit and Practice

Work life balance and self care have been explored in various arenas evoking great interest from those who seek to further develop and improve their quality of life. Regardless of which profession or area of work we are engaged in, how we relate to ourselves and our environment does impact. Working in the 'helping' profession, while rewarding, may present a risk of stress, burnout and compassion fatigue. This one day workshop invites participants to take time out to explore and discuss with others – what it means to cultivate wellbeing. Exploration of our roles, values, and the direction we seek will be undertaken.

COURSE INFORMATION

Course fees are exempt from GST. Courses include lunch, morning/afternoon tea, teaching material and certificate of attendance. All courses run from 9am to 5pm. **All Courses are APS Endorsed.**

If you would like to become a member of CISMFA, and take advantage of the membership rates for the courses, a membership application form can be downloaded from our website www.cismfa.org.au or you may register for membership on the registration form on the back of this brochure.

TRAINERS

Alexina Baldini BBSoc, GD ACP, M.Psych. (For.). Alexina is a Psychologist and a Director of Caraniche, a private company specialising in the provision of support services, training and consultation to a wide range of workplaces. She has a background in disability services, child, adolescent and family services and forensic psychology both within the government and private sectors. Alexina has been a trainer with CISMFA for a number of years.

Tony Culnane OAM, BTh, Grad Dip Comm Coun. Tony has extensive experience in workplace and community crisis counseling with CSIRO, World Vision International and in many countries in the Asia Pacific Region. He worked as a Psychosocial Specialist in World Vision's Asia Tsunami Response Team and is currently a Staff Care Advisor with World Vision International.

Linda Espie BA, Grad Dip Human Services Admin, Adv Dip Gestalt Therapy. Linda has been working in the field of loss and grief for 25 years providing counselling, education, supervision and consultancy. She is the author of five publications and works part time in private practice. Linda has been providing education in Japan annually for the past 11 years and is currently manager of a Psycho-Social Palliative Care team and is Executive Officer of CISMFA.

Rob Gordon, PhD is a clinical psychologist with a private psychotherapy practice in Box Hill in Victoria, where he treats children and adults suffering from trauma. For twenty years he has been a consultant to the Victorian State Emergency Recovery Plan and has been involved in over 25 disasters and double that number of smaller incidents. He has been extensively involved in the recovery from the Black Saturday Bushfires of February 7th, 2009. He provides regular training in trauma and disaster psychology and consults to Australian Red Cross and a variety of other government and non government agencies. He is vice president of the Critical Incident Stress Management Foundation of Australia and president of the Australian Association of Group Psychotherapists.

Michelle Grimshaw BSW, Dip Ed Michelle has 20 years experience providing counselling, supervision and education in loss and grief. She is an accredited practitioner with AFAR; NALAG and Access ministries. Michelle currently hosts a private practice at the Abbotsford Convent and provides consultation in various areas including Palliative Care and Education.

Lesley Harding BA, BSW Lesley is a social worker in private practice with over 20 years of experience in the child welfare, trauma and grief fields. She is a former practitioner, family conference convener and senior training consultant with the Department of Human Services, and held a position as educator at the Australian Centre for Grief and Bereavement. Lesley has a particular interest in workforce resilience and wellbeing considerations, particularly recovery after traumatic and critical incidents at the workplace.

Dr Robyn Robinson AM, PhD. Robyn is a Clinical Psychologist. She is the Founding and Current President of CISMFA. Robyn has trained approx 300 CISM and peer support teams in Australia and overseas and been guest lecturer in 11 countries.



Critical Incident Stress Management Foundation Australia Inc.

Presents

INTERNATIONAL EDUCATOR PROFESSOR CHARLES FIGLEY - USA

July 12 – 25, 2010

Day 1- Trauma Resilience: Toward a New Paradigm of Stress Injury Prevention and Treatment

Day 2 - Systemic Trauma: Theory, Research, and Treatment Implications

SYDNEY ♦ MELBOURNE ♦ NEW ZEALAND ♦ BRISBANE

For Registration or further information please contact Sarah Walker at CISMFA
Telephone: (03) 9663 7999 E-mail: info@cismfa.org.au
or visit our web-site: www.cismfa.org.au

APS Endorsed



UPDATED COURSES REGISTRATION FORM 2010

SYDNEY

Tick	Please register me in to the following course/s	Trainer	Date	Member/Non Member		Venue
	The Social Dimension of Trauma & Disaster: Tracing impact and promoting recovery for relationships and communities.	Dr Rob Gordon	April 20	\$270	\$300	The Sydney Mercure 818 – 820 George St, Sydney
	Recognising and Managing High Arousal after Traumatic Experiences: The theory and technique of Psychological First Aid	Dr Rob Gordon	April 21	\$270	\$300	
	Rob Gordon - Both days (see above)	Dr Rob Gordon	April 20 & 21	\$495	\$540	

BRISBANE

	The Social Dimension of Trauma & Disaster: Tracing impact and promoting recovery for relationships and communities.	Dr Rob Gordon	May 18	\$270	\$300	Medina Executive Brisbane 15 Ivory Lane, Brisbane
	Recognising and Managing High Arousal after Traumatic Experiences: The theory and technique of Psychological First Aid	Dr Rob Gordon	May 19	\$270	\$300	
	Rob Gordon - Both days (see above)	Dr Rob Gordon	May 18 & 19	\$495	\$540	

MELBOURNE

	Group Crisis Intervention	Dr Robyn Robinson	April 8 & 9	\$495	\$540	Travel Inn Cnr Grattan & Drummond Sts, Melbourne
	Advanced Group Crisis Intervention	Tony Culnane	April 12 & 13	\$495	\$540	
	The Social Dimension of Trauma & Disaster: Tracing impact and promoting recovery for relationships and communities.	Dr Rob Gordon	April 28	\$270	\$300	
	Recognising and Managing High Arousal after Traumatic Experiences: The theory and technique of Psychological First Aid	Dr Rob Gordon	May 4	\$270	\$300	
	Rob Gordon - Both days (see above)	Dr Rob Gordon	April 28 & May 4	\$495	\$540	
	Cultivating Wellbeing: In Pursuit and Practice	Linda Espie	October 15	\$270	\$300	
	Suffering and Transformation ...a reflection	Michelle Grimshaw	October 28	\$270	\$300	
	Building Connections with Reflective Practice	Lesley Harding	Nov 12	\$270	\$300	

HOBART

	Assisting Individuals in Crisis	Alexina Baldini	Nov 15 & 16	\$495	\$540	The Lenna Hobart Cnr Salamanca Place & Runnymede St Battery Point, Hobart
	Strategic Response to Crisis	Alexina Baldini	Nov 18 & 19	\$495	\$540	
	I wish to become a member of CISMFA 2010/11				\$88	
	Pro rata membership payment closing date May 1, 2010 (membership up to 30 June, 2010)				\$44	
Registrations close 2 weeks before course commencement date				Sub Total	\$	
				TOTAL COST (GST exempt)	\$	

Payment Details THIS WILL BECOME A TAX INVOICE WHEN PAYMENT IS MADE

Tax Invoice ABN 49 086 584 833

Please print clearly – Complete a separate form for each person

Name _____ Occupation _____

Organisation _____ Address (please home or work) _____

Ph (home) _____ Ph(work) _____ Mobile _____

Email _____ Fax _____ Special dietary requirements _____

Please tick I am a Current Member Joining Membership Today Non Member

Cheque enclosed Master Card Visa Bankcard

CARD NUMBER _____ / _____ / _____ / _____ EXPIRY _____ / _____

CARDHOLDER NAME _____ CARDHOLDER SIGNATURE _____

PLEASE RETURN THIS FORM & PAYMENT TO:

Critical Incident Stress Management Foundation Australia, P.O. Box 554, Carlton South, Vic, 3053 or fax (03) 9663 5422

For further information, please contact Sarah Walker. Tel: (03) 9663 7999 E-mail: info@cismfa.org.au Web-site: www.cismfa.org.au

Cancellation Policy

Course fees will be refunded (less 15% administration fee) up to 21 days prior to the course. No refunds are possible 21 days prior to the course date, however registrations are transferable to another person on notification to CISMFA. CISMFA reserves the right to cancel or change courses where necessary.