



Critical Incident

Stress Management

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CISM-

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WHAT IS CISM?

CISM has been made unnecessarily complicated because of improper use of the most fundamental terminology and lack of understanding of the process.

CISM at its core is a program to foster human resilience. CISM is not just about crisis intervention.

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(Dr. George Everly and Dr. Jeffrey Mitchell)



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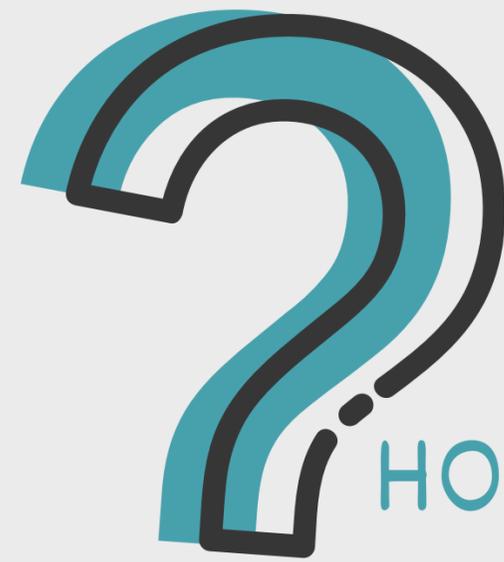
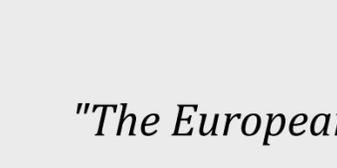


CISM CONCEPT:

It is a professionally recognised intervention protocol to support individuals involved in a critical incident. It is designed to deal with traumatic events by applying a formal and structured process. It focuses on the expression of emotions, self-reflection, recognition of one's own reactions, verbalisation of experiences and normalisation of stress symptoms. It is important to distinguish it from psychotherapy: CISM is basically an educational and self-awareness process, which can be defined as "psychological first aid".

PSYCHOTHERAPY \neq PFA: WHAT'S THE DIFFERENCE?

The 3 main differences between
PSYCHOTHERAPY and PSYCHOLOGICAL FIRST AID (PFA):

| | PFA | PSYCHOTHERAPY |
|---|------------------|---------------------------|
|  WHO | Anyone | Psychologist/Psychiatrist |
|  HOW LONG | Hours-Days | Weeks-Months |
|  WHERE | Informal setting | Clinical setting |

CISM AS A COMPREHENSIVE SYSTEM

CISM is a comprehensive, integrative and multicomponent system. It consists of multiple crisis intervention components that range from the pre-crisis phase through the acute phase, and into the post-crisis phase. CISM is also considered comprehensive in that it consists of interventions which may be applied to individuals, small or large groups, families, organizations, and even communities.

THE 7 CORE COMPONENTS OF CISM

1
Pre-crisis
preparation

2
Community
support

3
Defusin
g

4
Debriefin
g

5
INDIVidual
Intervention

6
Family
CISM

7
Follow-up



1

PRE-CRISIS PREPARATION

Stress management **education**, stress resistance, and crisis mitigation training for both individuals and organizations.

Timing

Pre-crisis phase



Activation

Anticipation of crisis

Goals

Set expectations, improve coping, stress management

Format

Group,
individual

2

COMMUNITY SUPPORT PROGRAMS

After disaster or large-scale incident: includes demobilizations, informational briefings, town meetings and staff advisement.

Timing

Post-crisis

Goals

To inform, consult.
Allow psychological
decompression.

Format

Large Group,
organization

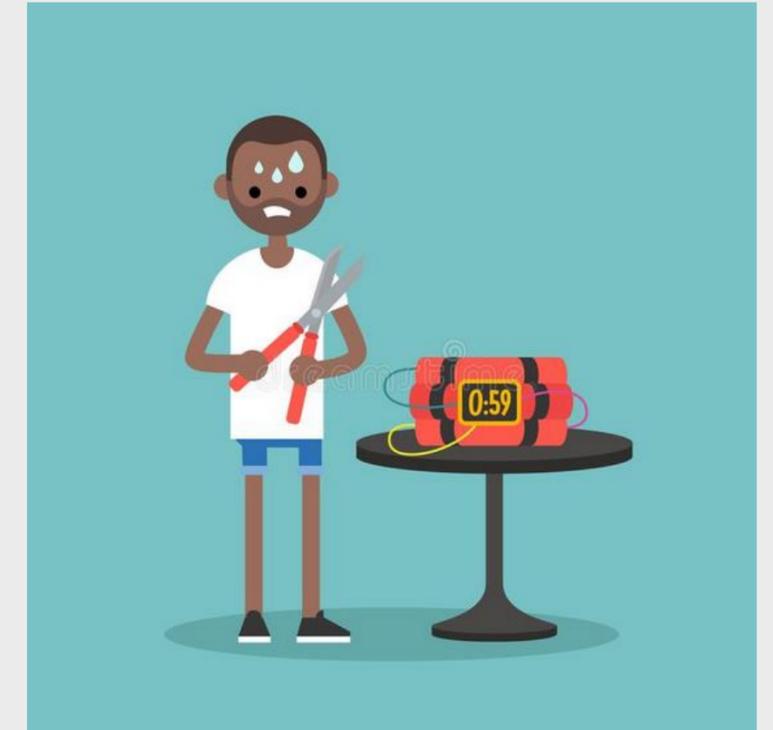
Activation

Event driven

3

DEFUSING

This is a 3-phase, structured small group discussion provided within hours of a crisis for purposes of assessment, triaging, and acute symptom mitigation.



Timing

Post-crisis
(within 12 hours)

Goals

Symptom mitigation, possible closure, triage

Activation

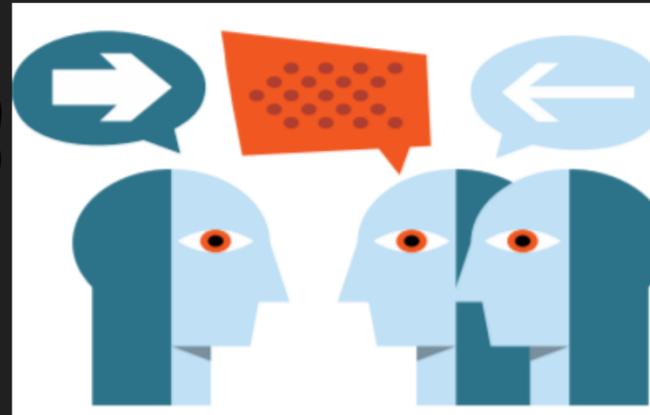
Usually symptom driven

Format

Small Group

4

DEBRIEFING (CISD)



Control Incident Stress Debriefing is 7-phase, structured group discussion, usually provided 1 to 10 days post crisis, and designed to mitigate acute symptoms and assess the need for follow-up.

Timing

Post-crisis
(1 to 10 days)

Activation

Usually symptom driven.
Can be event driven

Goals

Facilitate
psychological closure.
Symptom mitigation.
Triage

Format

Small Group

5

INDIVIDUAL CRISIS INTERVENTION

One-on-one crisis intervention/counseling or psychological support throughout the full range of the crisis spectrum.



Timing
Anytime.

Activation
Symptom driven

Goals
Symptom mitigation. Return to function. Referral, if needed

Format
Individual

6

FAMILY CISM

Family crisis intervention, as well as,
organizational consultation.



Timing
Anytime

Goals

Foster support, communications.
Symptom mitigation. Closure, if
possible. Referral, if needed.

Activation
Either symptom driven
or event driven

Format
Families,
Organizations

7

FOLLOW-UP

Follow-up and referral mechanisms for assessment and treatment, if necessary.

Goals

Assess mental status. Access higher level of care

Format

Individual,
Family

Timing

Anytime.

Activation

Usually symptom driven

