

Peer Support Training

How do you look after your team following traumatic incidents?



PSA Ltd is delivering training courses in **Critical Incident Stress Management (CISM)**; Assisting Individuals in Crisis and Group Crisis Intervention in Glasgow

Assisting Individuals in Crisis
(2 day course, ICISF accredited)

4-5 February 2019
4-5 March 2019
23-24 April 2019
13-14 May 2019

Group Crisis Intervention
(2 day course, ICISF accredited)

6-7 February 2019
6-7 March 2019
25-26 April 2019
15-16 May 2019

Critical Incident Stress Management:

- A range of measures to support individuals and groups who have experienced traumatic events and challenging situations.
- A professionally recognised process for teams to share their experiences, vent emotions, learn about stress reactions and symptoms.
- Enhances natural resilience and promotes psychological wellbeing.
- Successfully deployed by PSA in Healthcare, Education, Emergency Services, Aviation, Employee Assistance, Mental Health, Armed Forces and Charities.

CISM training is designed to equip you with the skills and confidence to provide individual and group support to your team following either major or more personalised traumatic incidents. It provides the tools and programme to enable you to assist others, as well as the practical ways to encourage more positive coping strategies, recognition of poor post incident functioning and when to signpost for more specialised help. The ideal way to train is to start by undertaking a course called 'Assisting Individuals in Crisis' and then develop further through 'Group Crisis Intervention' (see below for more detail). PSA is conducting 3 sets of courses in Glasgow so that you have a range of dates to choose from. Training is comprised of classroom learning and supervised skills practice.

Course participants will receive a copy of the ICISF workbook and ICISF/University of Maryland Certificate of Attendance as well as lunch and refreshments. More details on CISM are available at icisf.org.

Assisting Individuals in Crisis

This is an intervention programme developed specifically for dealing with traumatic events at a peer level. While Assisting Individuals in Crisis requires specialised training, it is not psychotherapy or counselling. It is a confidential, voluntary and educative process, sometimes called 'psychological first aid'. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention, based on a recognised model (SAFER-Revised) covering the core elements of the system, basic intervention techniques and common crisis reactions.

Group Crisis Intervention

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management will be outlined and participants will leave with the knowledge and tools required to provide several different types of group crisis interventions, including Rest, Information and Transition Services (RITS), defusing's and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.



Limited places available, book early to avoid disappointment
Eventbrite: <http://goo.gl/8mpm5M>

£450 per course // Public/charity sector and 2 course discount available. Please email contact@psa-ltd.com for codes.



VSS Learning & Conference Centre: 3rd Floor
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