

Tools for Survival - Managing Cumulative and Critical Incident Stress

Taught by Veteran CISD/CISM Instructor Janet Childs

October 19, 2010 8am – 5pm

Hosted by: San Ramon Valley Fire District
& held at: 1500 Bollinger Canyon Road
San Ramon, CA 94583

**POST Plan II
EMS C.E. 8 hours
STC Certified
\$95 for 1 day**

For: **Police Officers**, **Fire Fighters**, Public Safety Dispatchers, Emergency Medical Personnel, Search and Rescue, Chaplains, Field Supervisors, Mental Health Professionals, Military Personnel, Correctional Officers and Probation Officers.

- Acute, Delayed, Cumulative, and Occupational Stress Management
- Stress vs. Grief
- Signs of Stress and Grief Response
- Support and Coping Techniques
- *Introduction to Critical Incident Stress Debriefing Techniques*

This training is divided into a 1 day and 2 day course (Basic CISM – Oct. 20 & 21). Students can elect to attend the one-day or two-day course. Agencies interested in forming a peer support and CISM teams are encouraged to attend all three days of training.

Tuition - \$95 for 1 day

**POST Plan II 1082-30920-10-017
EMS CE # 41-0018 (8 hours CE) STC # 05338-054592**

Relevant Information For ALL First Responders

TO REGISTER:

On The Web: www.TrainingForSafety.com

Via Email: Carole.deGery@TrainingForSafety.com

By Phone: (650) 692-0437 Extension 107 By Fax: (650) 472-9130