

# *Tools for Survival - Managing Cumulative and Critical Incident Stress*

***Taught by Veteran CISD/CISM Instructor Janet Childs***

**March 30, 2010      8am – 5pm**

**Hosted by:** La Habra Police Department  
**Held at:** La Habra Community Center  
101 West La Habra Blvd  
La Habra, CA 90631

**POST Plan II  
EMS C.E.  
\$95 for 1 day**

**For Police Officers, Fire Fighters, Public Safety Dispatchers, Emergency Medical Personnel, Search and Rescue, Field Supervisors and Chaplains.**

- 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 – March 31 & April 1). Students can elect to attend the one-day or two-day course. Agencies interested in forming a peer support and CISM team are encouraged to attend all three days of training.*

The course is POST approved for Police Officers and Dispatchers, Plan II, **Technical, Certification Number 1082-30920-09-026**  
EMSA Certified for Emergency Medical Responders.

***Relevant Information For ALL First Responders***

**TO REGISTER:**

On The Web: [http://www.trainingforsafety.com/safety\\_training\\_schedule.php](http://www.trainingforsafety.com/safety_training_schedule.php)

Via Email: [Carole.deGery@TrainingForSafety.com](mailto:Carole.deGery@TrainingForSafety.com)

By Phone: (650) 692-0437 Extension 107 By Fax: (650) 692-6360