

# TRAINING FOR SAFETY, INC.

~ Strategies for dealing with the effects of stress / Building Peer Support and CISM Teams ~

## Managing Cumulative & Critical Incident Stress

For **Law Enforcement**, **Fire Fighters**, **EMS**, **Chaplains**, **Corrections**, **Probation** and **Nurses**

Useful Training for Health Care Professionals  
Military and Teachers.

**May 29, 2012 8am – 5pm**

POST Plan IV 1082-22322-11-005  
EMS CE # 41-0018 (8 hours)  
STC # 05338-054592  
BRN# 15673 (8 hours)

**\$109 tuition**

Hosted by: **Westminster Police Department**  
Held at: **8200 Westminster Blvd, Bldg #5  
Westminster, CA 92683**

Instructor:

**Janet Childs**, Veteran CISM/CISD Instructor

Included topics are:

- 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*

**Students interested in attending the 2 day course (Basic CISM) are required to have attended the Managing CISM course. It is highly recommended that students attend all 3 days of training.**

**Tuition:**

**\$109 for 1 day / \$218 for 2 days / \$327 for all 3 days**

## Basic Critical Incident Stress Management

For **Law Enforcement**, **Fire Fighters**, **EMS**, **Chaplains**, **Corrections**, **Probation** and **Nurses**

Useful Training for Health Care Professionals  
Military and Teachers.

**May 30 & 31, 2012 8am – 5pm**

POST Plan IV 1082-10563-11-005  
EMS CE # 41-0018 (16 hours)  
STC # 05338-054612  
BRN# 15673 (16 hours)

**\$218 tuition**

Hosted by: **Westminster Police Department**  
Held at: **8200 Westminster Blvd, Bldg #5  
Westminster, CA 92683**

Instructors:

**Janet Childs**, Veteran CISM/CISD Instructor  
**Barry Lewis**, Veteran Public Safety & Use of Force Instructor

Included topics are:

- **Learn the dynamics of CIS as an occupational hazard**
- **Develop and refine CIS debriefing and defusing techniques**
- **Practice debriefing and defusing techniques**
- **Develop coping skills to identify CIS in yourself and your co-workers**
- **Attendance in the 1 day Managing CISM course is mandatory!**

**Agencies interested in forming a peer support and CISM team are encouraged to attend both courses.**

**Tuition:**

**\$109 for 1 day / \$218 for 2 days / \$327 for all 3 days**

**TO REGISTER:**

On The Web: [www.TrainingForSafety.com](http://www.TrainingForSafety.com)

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