

# **Critical Incident Stress Management Course**

## ***Strategies for Reducing, Preventing and Coping with Stress***

### ***Techniques for Defusing Stress***

#### ***and Providing Peer Support***

**October 3 & 4, 2017**

Hosted by: Chico Police Department  
Held at: Chico Fire Training Center  
1466 Humboldt Road  
Chico, CA 95928

**POST  
APPROVED**

**STC  
CERTIFIED**

Time: 8:00 am - 5:00 pm  
Tuition: \$218.00

#### ***Included Topics:***

- Understanding the Physiological Impacts of Stress and Trauma
- Develop Coping Skills to Identify CIS in Yourself and Your Coworkers
- Prevent Burnout
- Practice Defusing and Peer Support Techniques
- Understand Brain Mechanics and How Information is Imprinted
- Learn the Dynamics and Impact of CIS as an Occupational Hazard
- Develop a Critical Incident Stress Management and Debriefing Team
- Create a Successful CISM Program by Identifying the Pitfalls and Challenges

*Taught by Veteran Public Safety/CISM Instructors*

**Dr. Janet Childs D.D.h., M.A., AAETS Diplomate**

**Sgt. Dave Hall (ret), Leadership Instructor**

*This course is designed for **Law Enforcement Personnel**, **Fire Fighters**, 9-1-1 Dispatchers, Emergency Medical Technicians, Paramedics, Search and Rescue, Public Safety and Military Chaplains, Mental Health Professionals, Correctional Officers and Probation / Parole Officers*

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Web link:

[http://www.trainingforsafety.com/safety\\_training\\_registration.php?id=1206](http://www.trainingforsafety.com/safety_training_registration.php?id=1206)

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