

## About the instructor:

LTC Chaplain Bert McQueen, CMC, MSW is a Certified Master Chaplain with the International Conference of Police Chaplains'. He is a recognized instructor with the ICISF for the Small Group CISM and Individual/Peer Support/Crisis Intervention Strategies and the National Guards Trained Crisis Responder and the Pastoral Crisis Intervention courses and the Advance Group CISM.

Chaplain McQueen is the founder of several programs in Alaska; The Alaska Police and Fire Chaplains' Ministries, that provides Chaplains' services throughout Alaska, The Alaska Police and Fire Chaplains' Association, that promotes standardization and professionalism in law enforcement chaplaincy, the Alaska CISM Teams Network, the Palmer/Wasilla CISM Team and the Anchorage CISM team that provide a complete program for stress management for the Alaska rescue community.

Chaplain McQueen has served as a Police Chaplain in Alaska for thirty years, and is considered one of the leaders in the field of Emergency Services Chaplaincy and Traumatology in Alaska and has received national recognition for his leadership in Law Enforcement Chaplaincy and from the ICISF organization. Chaplain McQueen is also the LTC Command Chaplain for the 49<sup>th</sup> Readiness Brigade (SEP), DMVA, ASDF.



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## ALASKA POLICE AND FIRE CHAPLAINS' MINISTRIES



## 2011 CISM TRAINING

### CISM course #6

**Three day  
Combined: Group  
and Individual**

## ICISF COURSES

Fee: \$300 or \$250 per course

Length: This Course is three (3) days long and is regularly scheduled 8:00 a.m. - 6:00 p.m.

### **Individual Crisis Intervention and Peer Support & Group Crisis Intervention**

This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention and increase Emergency Mental Health skills and to present the core elements of a comprehensive, systematic and multicomponent crisis intervention curriculum. The two day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after group large scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The "Group Crisis Intervention" course specifically prepares participants to provide several of these interventions—specifically demobilizations, defusings and the CISD. which is discussed in this course.

At the completion of this course, participants will be able to: Define stress, CIS, and PTSD; List the 10 basic interventions of CISM; and Define and describe in detail the CISM group processes of Demobilizations, Defusings and Debriefings; List at least four fundamental principles of crisis intervention; Describe common psychiatric symptoms after trauma; Demonstrate crisis communication techniques; and List risk factors for suicide. (27 Contact Hours; 27 CE Credits for Psychologists; 27 PDHs for EAPs; 27 CE Hours for Calif. MFTs & LCSWs; 27 Contact Hours for National Certified Addiction Counselors; OR 2.7 general CEUs from UMBC)\*

Completion of "Individual Crisis Intervention and Peer Support" & "Group Crisis Intervention" and receipt of a certificate indicating full attendance (27 Contact Hours) qualifies as two CORE classes in ICISF's Certificate of Specialized Training Program.

### **Three day CISM Combined Group and Individual Course Schedule:**



#### **Day 1:(8:00 a.m. - 6:00 p.m.)**

- Concept of CISM as a comprehensive crisis intervention program
- Understanding the role that individual crisis intervention plays in the comprehensive CISM program
- Basic terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention
- Psychological reactions to crisis and trauma including common psychopathological conditions
- SAFER protocol for individual crisis intervention and its role in comprehensive CISM

#### **DAY 2 (8:00 a.m. - 6:00 p.m.)**

- General, cumulative, critical incident stress and PTSD
- Core intervention tactics
- Demobilization
- Defusing of small groups

#### **Day 3 (8:00 a.m. - 6:00 p.m.)**

- Defusing Demonstration
- Essentials of group intervention, Critical Incident Stress Debriefing (CISD)
- Assessing the need for CISD
- Factors which enhance CISD success

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