

Crisis Training Institute

Crisis Training Institute is part of re:solve Crisis Network and Western Psychiatric Institute and Clinic of UPMC

Current Trainings

1. Critical Incident Stress Management (CISM)

The Critical Incident Stress Management (CISM): Individual Crisis Intervention and Peer Support and Group Crisis Intervention program is designed to present the core elements of a comprehensive, systematic, and multi-component crisis intervention curriculum. The three-day course prepares participants to understand a wide range of crisis intervention services, including group and individual crisis intervention techniques. The need for appropriate follow-up services and referrals when necessary, also is described.

Considerable evidence gathered to date strongly supports the multi-component crisis intervention strategy, which is discussed in this course.

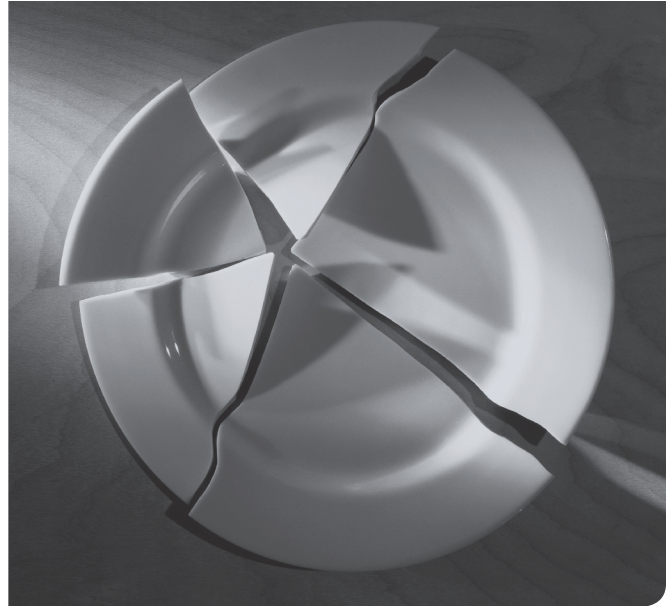
Educational Objectives

At the conclusion of the program, participants should be able to:

- Define stress, critical incident stress, and post-traumatic stress disorder
- List at least four fundamental principles of crisis intervention
- List the 10 basic interventions of CISM
- Define and describe in detail the CISM group processes of demobilization, crisis management briefing, defusings, and CISD debriefings
- Define and describe in detail, the CISM individual process of SAFER-R
- List common critical incident stress signs and symptoms
- Demonstrate individual and group crisis intervention techniques

2. Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) was developed by "LivingWorks." ASIST offers a complete model of suicide first-aid intervention that provides a consistent approach to helping from initial contact through follow-up. ASIST has a developed structure with phases and tasks, and uses collaborative intervention processes to ensure active engagement, good contact, collaborative problem solving, risk review, safe planning and safe plan follow-up.



ASIST is a two-day workshop (presented over two consecutive days) that is designed to enhance caregiver skills to intervene until either the immediate risk of suicide is reduced, or additional resources can be located.

The goal of the workshop is to allow participants to walk away with the ability to:

- Discuss suicide with a person at-risk in a direct manner
- Identify risk alerts and develop safe plans
- Demonstrate the skills required to intervene with a person at-risk
- List the types of resources available

ASIST is designed to help caregivers become more willing, ready, and able to help persons at risk. Suicide can be prevented with the help of prepared caregivers. Just as "CPR" skills may make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive, and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

Current Trainings

The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals, and lay people. It is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers.

Stress Inoculation

The Stress Inoculation training is a three-hour training designed to give participants knowledge and information needed to address the impacts of traumatic, vicarious, and cumulative stress in themselves. This three-hour training will help employees to identify the psychological impact of stress and how we use appraisal to change our interpretation of stress. In addition, attendees will look at their ability to develop stress hardiness and resiliency.

Target Audience

Individuals who want to increase their awareness of the impacts of stress on themselves both professionally and personally.

Educational Objectives

At the conclusion of the program, participants should be able to:

- Identify sources of stress in their lives
- Discuss how our perception of stress can influence the potential impact of stress
- Identify symptoms of acute stress
- Utilize stress appraisal
- Identify ways to cope with stress

Situational Alliance

Situational Alliance is a two-hour program consisting of a lecture and discussion focusing on assessment and prevention techniques as well as crisis management skills. It helps employees to assess whether a potentially dangerous situation is developing and how to prevent a crisis.

Educational Objectives

At the conclusion of the program, participants should be able to:

- Identify a variety of reasons for challenging behaviors to occur
- Understand the impact of emotional trauma and the importance of providing trauma-informed care
- Identify key factors in the prevention of crisis situations
- Discuss responsibilities necessary in the safe resolution of crisis situations

All trainings are offered by the Crisis Training Institute, part of re:solve Crisis Network and Western Psychiatric Institute and Clinic of UPMC. Trainings can be delivered on your site and special pricing may be available.

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