Personnel Support Aviation Limited
Calderpark House - 63 Calder Street
Lochwinnoch - PA12 4DG
Enabling Human Factors
Training in: Human Factors - Resilience - Post Incident Support

PSA Ltd is delivering a training course in ICISF accredited Critical Incident Stress Management (CISM) - **Assisting Individuals in Crisis**. The training will take place live, on Zoom, 25-26 August 2020.

To ensure the best quality experience of this training please see requirements below:

- Secure, reliable internet connection required
- Zoom software to be installed on a laptop/pc to ensure full participation in group activities
- Due to the nature of the course and sensitive material that may be shared, we ask that participants join the session from a private room or with a headset if this is not possible
- Full participation is required throughout the two days to achieve ICISF certification

Course Description
Training takes place from 8.30am – 4.30pm each day.

Critical Incident Stress Management is:

- A range of measures to support individuals and groups who have experienced traumatic events and challenging situations.
- A professionally recognised process for teams to share their experiences, vent emotions, learn about stress reactions and symptoms.
- A programme that enhances natural resilience and promotes psychological wellbeing.
- Successfully deployed by PSA in Healthcare, Education, Emergency Services, Aviation, Employee Assistance, Mental Health, Armed Forces and Charities.

A million people are trained in ICISF CISM worldwide. PSA has delivered CISM and peer support training to hundreds of individuals across many NHS Boards and Trusts and in the aviation field in the UK, to support staff through the COVID-19 pandemic. CISM training is designed to equip you with the skills and confidence to provide individual and group support to your team following either major or more personalised traumatic incidents. It provides the tools and programme to enable you to assist others, as well as the practical ways to encourage more positive coping strategies, recognition of poor post-incident functioning and when to signpost for more specialised help.

Assisting Individuals in Crisis
Assisting Individuals in Crisis is an intervention programme developed specifically for dealing with traumatic events at a peer level on a one to one basis. While it requires specialised training, it is not psychotherapy or counselling. It is a confidential, voluntary and educative process, sometimes called 'psychological first aid'. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention, based on a recognised model (SAFER-Revised) covering the core elements of the system, basic intervention techniques, and common crisis reactions. The need for appropriate follow-up services and referrals when necessary will also be discussed. Course participants will receive a copy of the ICISF workbooks, ICISF/University of Maryland Certificates of Attendance as well as additional notes and links. More details on CISM are available at icisf.org

Cost
Registration: £350.00, payable in full by bank transfer/cheque by 14 August 2020 to secure a place on the course, registration is non-refundable but if you are unable to attend on both 25 & 26 August, a place will be offered on a future course. Limited places available, please email contact@psa-ltd.com to book.