



International Critical Incident Stress Foundation, Inc.

STRESS MANAGEMENT FOR THE TRAUMA SERVICE PROVIDER

This important course is for all who work with traumatized people. Explore the “Stress Continuum,” the levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, countertransference, compassion fatigue or secondary PTSD, and vicarious traumatization which may occur as a result of helping others. A discussion of coping strategies for those who work with traumatized children will also be offered. Individual self-report exercises and an experiential group support session will assist the participating trauma provider in assessing their own level of stress through sharing personal experiences with others. Stress management self care techniques will be presented, experienced and discussed.

This course is appropriate for all mental health professionals, emergency services personnel, and peer counselors.

Successful completion of the Approved Instructor Candidate Program will allow you to teach this curriculum to others. Continuing education will be required to maintain your instructor status.



Prerequisites for Participation in Stress Management for the Trauma Service Provider Approved Instructor Candidate Program:

*Completion of the following ICISF courses as taught by ICISF or by an approved ICISF instructor. (Copies of certificates of completion are required to accompany the application.)

- Group Crisis Intervention
- Assisting Individuals in Crisis (formerly known as Individual Crisis Intervention and Peer Support)

*A letter of recommendation/endorsement from a local, state or regional CISM team or agency / institution dated within three months of application due date.

*A letter of recommendation/endorsement from a local, state or regional CISM coordinator or clinical director dated within three months of application due date.

*At least one of the letters of recommendation must attest to the instructor candidate's teaching ability of stress management. If neither of the aforementioned letters can do so, a third letter must be submitted.

*Active membership on a crisis intervention team.

*Current ICISF individual or team membership.

*A copy of a current CV or resume.

*Official course application form.

*A brief statement outlining:

- Your crisis intervention/CISM experience.
- Your instructional experience, including teaching stress management concepts.
- Reasons for applying for ICISF Approved Instructor Training.

*Please note the Stress Management for the Trauma Service Provider course is NOT a prerequisite for this Approved Instructor Candidate Program.

*Completion of the CCISM Certification of Knowledge Exam. <https://cismcertifications.org>

*Optional "CISM: A Practical Review" can be purchased here <https://cismbookstore.com>