



International Critical Incident Stress Foundation, Inc.

## THE SECRETS OF PSYCHOLOGICAL BODY ARMOR—HOLISTIC WELLNESS FOR EMERGENCY SERVICES AND HEALTHCARE PROFESSIONS

This course is designed to aid you in building a personal culture of resilience and holistic health. Our unique approach is intended to help you learn to better manage the stress in your life in order to increase your potential for happiness, success, and even create a competitive advantage through the creation of what we call Psychological Body Armor™. There is no “quick fix” in this program. It is not designed to be a “pop psych” feel-good course. Rather, this course contains facts and specific suggestions for actions you can take to enhance your personal resilience, all based upon the latest and most credible science.

### Program Highlights:

- \*The nature of Psychological Body Armor™ (PBA)
- \*Resilient attitudes
- \*Using physical exercise to strengthen PBA
- \*Using nutrition to fuel PBA
- \*Using rest to recharge and restore PBA
- \*Using interpersonal support
- \*How spirituality relates to PBA
- \*A PBA plan



**Prerequisites for Participation in the Approved Instructor Candidate Program:**

- \*ICISF Approved Instructor in good standing for one other subject.
- \*Minimum of five years critical incident / traumatic stress experience.  
Completion of The Secrets Psychological Body Armor™-Holistic Wellness for Emergency Personnel regular class.
- \*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 / endorsement must attest to the instructor candidate's teaching ability. If neither of the aforementioned letters can do so, a third letter must be submitted.
- \*Active membership on a CISM team/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
  - Reasons for applying for ICISF Approved Instructor Training
- \*Completion of the CCISM Certification of Knowledge Exam. <https://cismcertifications.org>
- \*Optional "CISM: A Practical Review" can be purchased here <https://cismbookstore.com>