



The Police Stress Unit and Frontline Training Institute

Sponsored By and In Partnership With



Honoring Our Hometown Heroes Program

Presents

Preparing for the Unimaginable: Two-Day Class

Basic Critical Incident Stress Debriefing and Acute Traumatic Stress Management

This Class is Sponsored by The Blanchard Institute – Charlotte & Lake Norman at No Charge

The North Carolina TERMS Conference Thursday, July 24 and Friday, July 25, 2025

Critical Incident Stress Debriefing and Management Overview

This Two-Day Class will prepare 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 large-scale traumatic incidents, small group defusings and group interventions known as Critical Incident Stress Debriefing (CISD).

It's hard to imagine that an incident as horrific as those that occurred in Oklahoma City, New York City, The Pentagon, Newtown, Charleston, Orlando and the list goes on and on in our own communities. Though most agencies have trained and equipped their officers for immediate response to mass casualties and other critical incidents such as Officer Involved Shootings, Hostage Situations, Homicide Scenes, Line of Duty Injury and Deaths, Suicides, and Natural Disasters.

The term “debriefing” is widely used and means different things. Most forms of debriefing do not equate to the “Critical Incident Stress Debriefing.” Critical Incident Stress Debriefing (CISD) is a specific 7-phase, small group, support crisis intervention process. It is just one of the many crisis intervention techniques which are included under the umbrella of a Critical Incident Stress Management (CISM) program. The CISD process DOES NOT constitute any form of psychotherapy and it should never be utilized as a substitute for psychotherapy.



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This Two-Day Basic CISM Educational Training will provide the following:

DAY-ONE:

- 1.) Introduction s of Attendees and Definition
- 2.) Describe Critical Incident Stress
- 3.) Describe and discuss the essential concepts in CISD
- 4.) Review the Historical and Theoretical Foundations of CISD
- 5.) Review the required conditions for the application of the CISD Process
- 6.) Discuss and review Stress and Trauma signs and symptoms
- 7.) Describe and Discuss Individual Intervention
- 8.) Describe and Discuss Demobilizations
- 9.) Describe and Discuss Defusing
- 10.) Review and Discuss the seven phases of debriefing

DAY-TWO

- 11.) Discuss the CISD Team Concept and recruitment of team members
- 12.) Discuss *Stress* Management and follow-up actions and Review resources that include professional counseling, chaplain programs, Post Critical Incident Seminars, EAP referrals, EMDR, and Trauma Reduction Exercises. Discuss Self Care and Compassion Fatigue
- 13.) Overview and Written Test
- 14.) Breakout Role Play Scenarios
- 15.) Evaluation and Certificates of Completion

CLASS REGISTRATION INFORMATION

There is NO-CHARGE for this Two-Day Basic CISD Training Thanks to The Blanchard Institute of Charlotte and Lake Norman and Honor Our Hometown Heroes Program.

**CLASS LOCATION: Mitchell Community College 8:00am to 5:00pm each day.
Thursday, July 24, and Friday, July 25, 2025 Seating is Limited to 24 Students**

For More information and To Register: Please Contact Rick Eades at Mitchell Community College – Law Enforcement Training Center

Phone: 704-838-6755 or email: reades@mitchellcc.edu

