

Professional Training & Development

## Assisting Individuals in Crisis & Group Crisis Intervention (GRIN)

This training (usually two courses of two days each but delivered as a three day course due to the accreditation and experience of the trainers) is to assist participants to respond effectively to incidents and crises and to support people in the community, their colleagues and the organisation in the most appropriate way. It focuses on both individual and group processes and is useful for all staff and particularly those in any peer support role within workplaces.

### COURSE CONTENT INCLUDES

- Crisis Intervention and CISM terminology and background
- Introduction to Psychological First Aid
- Crisis communication skills
- Psychological and behavioural reactions to critical incidents and approaches to people in crisis
- Crisis Management Briefing (CMB)
- Rest, Information and Transition Services (RITS)
- Immediate Small Group Support (ISGS)/Defusing
- Powerful Event Group Support (PEGS)/Critical Incident Stress Debriefing
- Stress Stocktakes
- Resilience/wellbeing sessions and associated strategies
- Values, ethics and practice standards; and
- Post traumatic growth/Self care.

This course is accredited with Crisis Intervention and Management Australasia (CIMA) and the International Critical Incident Stress Foundation (ICISF) and participants receive the appropriate CIMA attendance and ICISF completion certificates.

### DETAILS

**Duration:** Three days (9.00 am to 5.00 pm each day)  
**Location:** Level One, 156 Collins Street, Melbourne 3001, Victoria Australia  
**Facilitators:** Alexina Baldini  
**Course Dates:** Wednesday November 20<sup>th</sup> - Friday November 22<sup>nd</sup>, 2019  
**Cost:** \$1045 (incl. GST); CIMA\* member special (\$990.00 incl. GST)  
**Includes:** Participant manuals, morning tea, lunch and afternoon tea  
**Booking RSVP:** November 14<sup>th</sup>, 2019 | Enquiries to Abbey Brown (Executive Assistant) +61 3 9663 9168

### REGISTER

First Name: \_\_\_\_\_ Surname \_\_\_\_\_  
 Address: \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_  
 Phone: \_\_\_\_\_ Mobile \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Occupation: \_\_\_\_\_ Organisation \_\_\_\_\_  
 Org Contact Person: \_\_\_\_\_ Org. Telephone \_\_\_\_\_

### PAYMENT DETAILS

**Registration Total:**     \$1045.00 Full Fee     \$990.00 CIMA Member Fee (All fees are in Australian dollars)  
 Cheque (please make payable to Enable Workplace Consulting)  
 Direct Debit (EFT) Use your Name and GRIN to Reference  
 Account Name: Enable Workplace Consulting    BSB: 083-153    Acc. No.: 12-561-6001  
 Credit Card

Cardholder Name: \_\_\_\_\_ Signature \_\_\_\_\_  
 Card Number: \_\_\_\_\_ Expiry: \_\_ / \_\_    CCV \_\_\_\_\_

\*CIMA - Crisis Intervention and Management Australasia membership is currently \$45 (GST free) until June 30, 2019.

Email [cima\\_office@cima.org.au](mailto:cima_office@cima.org.au) to register for your membership.