

ICISF - Stress Management for the Trauma Services Provider

Presented by the Western Virginia EMS Council
Critical Incident Stress Management Team

Instructor: Dr. Deborah Linnell

When: October 4th & 5th, 8am – 5:30pm

Where: Roanoke Valley Regional Fire-EMS Training Center
1220 Kessler Mill Road
Salem, VA

Registration fee: \$75

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.

Program Highlights

- The “Stress continuum”
- Signs and symptoms of excessive stress
- Stress as related to work as a “trauma provider”
- A variety of stress management techniques
- Stress management in relation to “context”
- Vicarious traumatization, compassion fatigue and burnout
- Stress “resilience”
- Achieve resilience and effective self-care
- Motivating factors for the work we do
- Working with trauma survivors

Completion of “Stress Management for the Trauma Service Provider” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s Certificate of Specialized Training Program.

Continuing Education Information

Two-Day Course: 8:30 a.m. – 4:30 p.m., 13 Contact Hours; 13 CE Credits for Psychologists; 13 PDHs for EAPs; 13 CE Hours for Calif. MFTs & LCSWs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs from UMBC

Continuing Education information listed only applicable when attending an ICISF Regional Conference.