

If you are thinking of investing in training, then we believe it is crucial for it to sit within a clear strategy. Our Directors will be happy to discuss options and ensure that any course meets your overall objectives.

For enquiries about any of our training courses, or the provision of bespoke content, please contact training@powertorecover.com

An overview of our most popular courses

Understanding and Preparing for Psychological Critical Incidents



This 1-day course is aimed at participants who are likely, as part of their duties, to encounter a psychological critical incident (PCI) – an event that could be classed as potentially traumatic.

Objectives:

At the end of this course, participants will

- Understand the body and brain's response to severe threat (acute and prolonged)
- Be aware of the signs and symptoms of post-traumatic stress
- Be aware of self-help strategies to facilitate recovery
- Be aware of strategies to maintain their resilience
- Recognise when professional support should be accessed

Managing Psychological Critical Incidents in Work



This 2 day course is aimed at participants who are likely, as part of their duties, to encounter a psychological critical incident (PCI) – an event that could be classed as potentially traumatic. Participants may have duties that involve supporting colleagues following a critical incident. This could include managers, health and welfare personnel, peer supporters and human resources personnel. The aim of this course is to ensure that they will have the skills to be able to identify and support employees experiencing traumatic stress reactions. This empowers them in being proactive with their support and helps avoid many of the common problems caused by uneducated supporters. The course will also clarify their role during a post-trauma period and, explain how, through their intervention, they can ensure that the appropriate level of support is made available to employees involved in traumatic incidents.

Objectives:

At the end of this course, participants will

- Understand the body and brain's response to severe threat (acute and prolonged)
- Be aware of the signs and symptoms of post-traumatic stress
- Recognise when professional support should be accessed
- Be aware of self-help strategies to facilitate recovery
- Be aware of strategies to maintain resilience
- Understand the signs and symptoms of post-traumatic stress in the workplace
- Understand the C-CLEARLY™ model for supporting personnel following a critical incident
- Have practiced a support intervention
- Be aware of where to get further advice and support within the organisation

Critical Incident Stress Management (CISM): Group Crisis Interventions

Accredited by the International Critical Incident Stress Foundation (ICISF) and the University of Maryland.

This course is designed for healthcare professionals, social workers, Occupational Health workers, Psychologists, Therapists, Managers, Welfare Officers and any other professionals involved in the care of personnel following traumatic incidents. The course may be run over 2 or 3 days and participants will be taught the skills, structure and theory required to conduct a range of group interventions following critical incidents in the workplace and community. Practice sessions will give the opportunity to practice interventions in a safe, supportive and structured environment.

Participants receive a comprehensive workbook, certificate of accredited training, and 10% discount of ICISF membership

Objectives:

On successful completion of the workshop, participants will:

- Understand key crisis intervention history, concepts and principles
- Be aware of the resistance, resiliency, and recovery model
- Understand the physiological and psychological response during a traumatic incident
- Understand the later signs and symptoms of post-traumatic stress as adaptive responses
- Be able to differentiate between normal and abnormal reactions to trauma, including chronic conditions
- Be aware of mechanisms to avoid risks in crisis intervention
- Have discussed key points in the development of a strategic plan
- Be able to define Rest Information Transition Services (RITS) as used in the CISM process
- Be able to describe a respite centre and family assistance centre
- Understand the Crisis Management Briefing (CMB)
- Have participated in developing or presenting a CMB
- Understand the defusing process
- Have participated in or observed a simulation of a defusing

- Be able to define the Critical Incident Stress Debriefing (CISD)
- Be aware of the appropriate indications and uses of the CISD process
- Have participated in a simulation of a CISD

Supporting staff after crisis and trauma in the workplace: A strategic planning Masterclass

This 1-day practical and pragmatic Masterclass is aimed at Business Continuity and Crisis Management professionals.

Objectives:

Participants will learn how to

- Proactively assess the risks related to acute and critical incident stress in their workplace
- Draw up control measures to mitigate these risks
- Develop procedures to facilitate early and effective recovery of those affected
- Make the most efficient use of organisational resources
- Tailor best practice to their specific organisational needs and draw up initial action plans
- Start preparing for ISO 22330: Guidelines for People Aspects on Business Continuity

Crisis Management Teams: Managing the emotional impact of dealing with major incidents

This one-day interactive course is designed for members of Crisis Management Teams who need to manage events that may carry a large emotional charge. It aims to raise awareness of how their own behaviour, and that of those around them, can be negatively impacted by the stress of the situation. It offers strategies for maintaining an optimal level of alertness and mental functioning.

Objectives:

At the end of this course, participants will be aware of

- How the human brain responds in a crisis situation (both acute and prolonged situations)
- How this instinctive response to threat can become unhelpful within a Crisis Management Team
- Signs and symptoms of acute stress
- Factors that increase and decrease the emotional response
- Strategies for managing strong emotions
- Strategies for maintaining clear thinking
- How to recover psychological and physiological balance at the end of the crisis.

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