



Critical Incident Stress Management (CISM)

– Psychological First Aide: Introduction for Managers

<p>Aim of Program</p>	<p>The Western Health CISM program aims to assist staff who experience psychological trauma by providing confidential one-to-one and/or group debriefings. Essentially the program functions as a staff support mechanism. It facilitates staff's well-being and recovery post trauma. Managers are key personnel in the implementation of this program.</p>
<p>Program Structure</p>	<p>The introductory education session consists of one full day.</p>
<p>Program Outline</p>	<p>Topics and skills to be covered in the program include:</p> <ul style="list-style-type: none"> ▶ Understanding the distinctions between operational and psychological debriefing and defusing ▶ Interface between Manager, Staff Member(s) and the CISM Program ▶ Duty of Care ▶ Law of Negligence ▶ Occupational, Health & Safety (OH&S) ▶ CISM theory (Mitchell Model designed for emergency services personnel) ▶ Defusing group skills (to further assist in your triage role when attending to staff members who have been exposed to a critical incident) ▶ Western Health Network protocols, policy & procedures regarding CISM ▶ Understanding psychological effects of trauma - signs & symptoms
<p>Program Eligibility</p>	<ul style="list-style-type: none"> ▶ The training is specifically designed for managers (NUMs, ANUMs, people services consultants, AHAs, and team leaders) or any other staff members in key positions of authority and responsible for staff well-being. ▶ Managers who work in high demand areas are integral to the success of such the CISM program and are encouraged to attend. ▶ Managers have a significant role in times of staff crisis and are often influential in the recovery process for staff.
<p>Program Enrolment</p>	<p>The program is limited to 15 participants.</p>
<p>Prerequisite</p>	<p>Not applicable.</p>
<p>Program Duration</p>	<p>8.30am - 4.00pm</p>
<p>Facilitator(s)</p>	<p>Filomena Bua, a Registered Psychologist with over 20 years of experience in the psychological trauma field manages the CISM Program & provides:</p> <ul style="list-style-type: none"> ▶ Onsite support to all WH employees across all campuses ▶ Confidential counselling to any staff member requesting support ▶ Group defusing and debriefing ▶ Consultancy regarding staff wellbeing and psychological recovery processes ▶ Follow up and referral where necessary <p>The program psychologist is also available for in-services, general consultancy and program enquires. Tel: 8345 6583.</p>
<p>Program Dates, Registration & Fee</p>	<p>Go to link below for Program Dates, Course Registration and Course Fees: http://www.westernhealth.org.au/EducationandResearch/Education/Pages/Courses-and-Inservices.aspx</p>