



21 CLETS, LLC
- Creating realistic and relevant training -



CRITICAL INCIDENT STRESS MANAGEMENT

This course is designed for all first responders. We will help understand the dynamics of critical incident stress as an occupational hazard, developing coping skills, identifying critical incident stress in yourself and co-workers, and developing and refining critical incident stress debriefing and defusing techniques. For all public safety personnel, who will be participating in peer support groups and critical incident stress management teams, including line personnel who have dealt with major traumatic events.

- Understand the physiological impacts of stress and trauma
- Recognize stress reactions in yourself & others
- Develop strategies for reducing physical & mental health risk
- Establish proactive responses to critical incident stress
- Identify support and coping techniques
- Practice debriefing and defusing techniques

When:

February 19, 2025
0800-1700 hours

Location:

On-line

Instructor:

Janet Childs, M.A., AAETS

POST # 1382-10563-024-002 STC #2525895

Registration: \$125.00

Go to **www.21clets.com** and register online today!

