

Cyber Incident Trauma Prevention and Recovery

Introduction:

In response to the unique challenges faced by cyber professionals, Cybermindz.org proudly introduces RapidReset™, a transformative program designed to support the psychological well-being of cybersecurity teams both during and after major cyber breaches.



Background:

Cybermindz' program development journey began with 12 pilot programs in 2023 across 10 organisations, involving 180 cyber professionals, from CISOs to incident responders to SOC analysts. These pilots demonstrated the effectiveness of the intervention, but also highlighted the trauma faced following significant cyber incidents. Recognising this, RapidReset™ was born.

Program Overview:

RapidReset™ is an intensive 4-week program, doubling session frequency compared to its predecessor and integrating one-on-one mentor check-ins. It leverages the iRest® Protocol, known for its profound impact in restoring emotional and cognitive balance, particularly in military contexts, first responders, emergency workers and other acute stress domains.

Key Features:

- **Condensed Format:** An 8-week program restructured into an intensive 4-week course.
- **Increased Session Frequency:** Offering more frequent engagement for deeper impact.
- **One-on-One Mentorship:** Personalised support tailored to individual needs.
- **Psychometric Testing:** Professional testing to measure progress and provide aggregate reports to leaders.
- **iRest® Protocol Practice:** Recorded sessions for practice between live sessions.
- **Peer-Informed Delivery:** Facilitators trained in cyber language and culture, ensuring relevance and effectiveness.

Benefits:

- **Rapid Psychological Recovery:** Designed for swift restoration of mental health post-incident.
- **Enhanced Resilience:** Designed to integrate with Cybermindz' 12-month sustainability program, SteadyShields™ focusing on long-term resilience through restoration and integration.
- **Tailored to Cyber Professionals:** Acknowledges the specific challenges and culture of the cyber community.
- **Clinical Support Integration:** Can tie in with existing Employee Assistance Programs (EAPs).
- **Boosts Morale:** Makes team members feel valued and cared for beyond their technical role, fostering a positive work environment.

Conclusion:

Cybermindz.org's RapidReset™ is set to revolutionise the way cybersecurity teams recover from the intense pressures of their roles. By addressing the human element in cyber defence, RapidReset™ not only aids in immediate post-breach recovery but also serves as a precursor for longer term sustainability programs supporting resilience and well-being of these critical teams.

For more details about RapidReset™ and how it can benefit your team, please email us at rapidreset@cybermindz.org