

Dr. Janet Childs: Since 1970, Janet Childs has been actively providing crisis intervention counseling and education focusing on the dynamics of loss, illness, crisis and grief. As a founding member of the Centre for Living with Dying, Janet has participated in the growth of this organization, and has worked with thousands of individuals, groups and professionals on the front lines. The Centre is an international bereavement counseling program - the most comprehensive of its kind in the country, serving over one and a half million people since 1976. The Centre provides support, intervention and education for all age groups and professions on the life issues of loss, serious illness, death, grief and trauma. She presently oversees the educational programs and coordinates the Bay Area Critical Incident Stress Management Team. For the past 30 years, she has offered POST Certified Training for public safety personnel and for the past 35 years, has provided Certified Training for social workers, nurses, teachers and therapists. She has received many awards for working with schools, fire and police departments, traumatic grief and crisis intervention. She has responded with support to major critical incidents such as 9-11, Hurricane Katrina and several earthquakes, locally, such as Loma Prieta. Combining her love of music with her personal and professional experience with loss, she creates a safe and healing environment to gently examine these difficult life issues

TITLE IV-E COLLABORATIVE

Dimensions of CISM during Your Career: Addressing Special Issues

Dr. Janet Childs

Thursday December 6, 2018

9:00 AM to 5:00 PM

Registration 8:30 AM

West Valley Campbell Community Center

One West Campbell Avenue, Campbell, CA

Room J 69

This course will explore and practice specific topics and skills in critical incident stress response and management for individuals and groups already involved in providing the basic stress management techniques.

We will cover:

Stress Management for Spouses/Significant Others of First Responders

Have you ever:

Tried to pull your first responder out of the 'cave'?

Dealt with shut down, angry or unresponsive first responder?

We will examine:

Tools for managing change and techniques for surviving stress

How to better understand your first responder

Definition of stress and Post Traumatic Stress Injury (PTSI)

Identify stress symptoms, triage support and self-care

Marital and Family issues

PREP: Pre – Retirement Empowerment Program

How do you prepare for retirement? We will examine mental, emotional, social and spiritual tools for maximizing your retirement. Learn how to deal with letting go of your career and changing your identity into the reinvented self as you go forward. We will practice specific exercises to identify pitfalls in retirement planning and tools you can utilize personally and professionally with your colleagues.

How do we merge CISM Team with Peer Support Team activities to create the best of both worlds?

We will offer practical tools and exercises to merge CISM Teams and Peer Support Teams into one Response and Resiliency team in your agency and department.

These special issues will be addressed in this course, which synthesizes CISM techniques and makes them applicable to a variety of circumstances. Join us for this third level course exploration into the valuable tools of Critical Incident Stress Response.

This course qualifies for 7 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors.

West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges pursuant to Section 1887.4.3.

Eligible County Employees



For questions contact Staff Development & Training at

Rianna.Garcia01@ssa.sccgov.org

** Must obtain Supervisor approval prior to registering**

Eligible Non-County Employees

Register on-line at

<https://register.asapconnected.com/ClassDetail.aspx?pk=1295227>

For any questions please email us at

T4e.collaborative@gmail.com