**Public Safety Peer Support Training**

**Presented By:**  Deborah Silveria Ph.D. ICISF Instructor

**March 22-23, 2022**

**Tuition: $295.00 per person/ Discount $259.00 pay by 1/31/22**

**Class Time 8:30 am – 4:00 pm**

**Location: Fairfield Regional Fire School**

**205 Richard White Way Fairfield, CT**

**Course Description:**

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called “emotional first aid”. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention. This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques in the fields of Peer Support, Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

**Program Highlights:**

* Psychological crisis and psychological crisis intervention
* Resistance, resiliency, recovery continuum
* Critical incident stress management
* Evidence-based practice
* Basic crisis communication techniques
* Common psychological and behavioral crisis reactions
* Putative and empirically-derived mechanisms
* SAFER-Revised model
* Suicide intervention
* Risks of iatrogenic “harm”

**For Registration**:

Please contact Dr. Deb Silveria, Approved Instructor, ICISF  
dr.debsilveria@gmail.com or call (310) 922-6772

About the Instructor:

Deb Silveria Ph.D. is both a licensed psychologist and marriage and family therapist. She obtained her Ph.D. from the University of Southern California in 1993. She has a private practice in Costa Mesa, with a focus in trauma and grief counseling. She is an EMDR (Eye Movement Desensitization and Reprocessing) Trainer. She is a member of the Counseling Team International, an EAP that has over 100 contracts for counseling, employment testing, training, and CISM (Critical Incident Stress Management) with Law Enforcement, District Attorney’s Offices, Federal Air Marshals, Border Patrol, and Fire Departments, at the federal, state, and local levels. Dr. Silveria is an Approved Instructor for ICISF (International Critical Incident Stress Foundation). She also participates on interview panels helping police departments select their peer counselors. She teaches the Psychology of Trauma, Relational Violence, Identification and Treatment of PTSD, Identification and Treatment of Burnout, Compassion Fatigue and Secondary Trauma to Law Enforcement, DA’s offices, and social service agencies. She also provides classes in Wellness and Mindfulness. She is an adjunct professor at Rio Hondo College. She also teaches at Cerritos College in their Foster and Kinship Program. She is part of a team of instructors for Crisis Intervention Training for Law Enforcement, designed to help officers deal more effectively with the mentally ill on the street. She has taught the segments on psychiatric medication, overview of mental illness, suicide, and dealing with veterans with PTSD. She also provides trainings in Resilient Leadership. She has also spoken Internationally in Canada and in Europe on EMDR and Trauma. She has worked hundreds of critical incidents nationally and internationally, providing CISM services after natural and man-made disasters, (Hurricane Katrina, Earthquake in Haiti, Dorner LODD, and San Bernardino Terrorist attacks) In the past she has been the Clinical Director of Family Solutions, a non-profit organization for foster and group home youth on probation, or removed from home due to abuse or neglect. She has been the Director of an in-patient adolescent psychiatric unit at CPC Santa Ana Hospital and Head of the Partial Hospitalization program at BHC Alhambra Hospital.