

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code: CISM 110 (CONTRACT ONLY)**

**Course Title:** Introduction to Critical Incident Stress Management / Demobilization and Defusing

**Prerequisite Courses:** Approval from Program Coordinator

**Sponsoring Division:** Community and Social Justice Division

**Previous Course Code & Title:** N/A

**Course Effective Date:** January 2008

<b># of Credits:</b>	<b>1.0</b>
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**Course Description:** This customized two-day course combines information on the history, philosophy, perspectives, concepts, and terms that are integral to critical incident stress management as well as exploring demobilizing and defusing strategies. Through short lectures and interactive discussion, participants will acquire a basic understanding of stress and critical incident stress as well as the factors and vulnerabilities that contribute to a heightened response to critical incidents.

Demobilization and defusing are the first steps in the critical incident stress management (CISM) intervention process. To successfully participate in a CIS team, members must master these skills. The role of groups and dyads in critical incident stress management, communication skills for defusing, strategies to develop an effective support relationship, blocks to an effective support relationship, post-incident defusing, and post-incident do's and don'ts. By the end of the session, participants will have successfully completed a demobilization and defusing.

### **Course Goal(s):**

At the end of this two day course participants will have a basic understanding of critical incident stress and the factors that contribute to it. Participants will also come away with the skills to assist an individual who has been exposed to a traumatic experience and minimize his or her stress reaction.

### **Course Learning Objectives:**

Upon successful completion of this course, the learner will be able to:

- Define the term *stress*.
- Describe what comprises a critical incident.
- Identify types of critical incidents.
- Distinguish between critical incident stress and traumatic stress.
- Describe the general responses to stress.
- Identify the stages of a critical incident.
- Identify the symptoms associated with various possible reactions to a disaster.
- Explain the differences between critical incident stress, acute stress disorder, and post-traumatic stress disorder.
- Identify factors that increase susceptibility to critical incidents.
- Describe how our understanding of critical incident stress has evolved over the last century.

- Explain the psychological derivatives of critical incident stress reactions.
- Explain how the psychological self is shattered as a result of a traumatic event.
- Define the term *defusing*.
- Explain the value of peer defusing.
- Explain how defusing fits within the critical incident stress debriefing process.
- Describe what can be done to help people recover from a critical incident.
- Explain how an effective support relationship is established.
- Identify the communication skills required for defusing.
- Describe the defusing process.

**Course Topics/Content:**

N/A

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

Customized version of CISM 100: Introduction to Critical Incident Stress Management-Participant Manual. Justice Institute of British Columbia

Customized version of CISM 102: Demobilization and Defusing-Participant Manual. Justice Institute of British Columbia

**Recommended:**

N/A

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
Other (describe):							

**Equivalent Course(s) within the JIBC:**

This course combines the teachings of CISM 100 and CISM102 in a customized, compressed 2 day format to a smaller group of learners with similar experiences and levels of training.

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14			
Simulation/Lab				
Practicum/Fieldwork				
Online				
Correspondence				
<b>Total Class Hours</b>	14			

**Comments on Delivery Methods:**

Delivery is a combination of lecture, practical, individual and group work

**Related Program(s):** (where applicable)

N/A

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

N/A

**Course Grading System:**

*Check the system that applies to this course:*

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	x	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only		Not Applicable		

<b>Passing Grade:</b> N/A	Pass
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*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

Participants are evaluated on their attendance, and their performance in the practical, role-play portion of this course. Where improvement is necessary to successfully meet the requirements, participants will be so advised by instructors/coaches

**Other Course Guidelines, Procedures and Comments:**

N/A

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records