

# ACS EMOTIONAL & SPIRITUAL CARE

## Course Descriptions

**INTRODUCTION:** To qualify as a Spiritual & Emotional Care Provider (I or II) students complete both online and onsite classes developed by Adventist Community Services (ACS), the Federal Emergency Management Agency (FEMA), and the International Critical Incident Stress Foundation (ICISF). Below is information about each class and a general statement about instructors.

### A) ONLINE CLASSES

#### Adventist Community Services

1. **Overview of ACS Disaster Response Operations** (approx. 2 hours)  
The information in this course is intended to present a general description of ACS DR operations in approximately 2 hours. The content is targeted toward individuals who may want to understand ACS DR operations or deploy alongside ACS DR teams. This may include emergency managers, crisis care providers, and communications or public information partners.

#### Federal Emergency Management Agency

2. **Introduction to the Incident Command System** (FEMA, ICS-100.b, approx. 3 hours)  
This course introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). (FEMA Emergency Management Institute)
3. **National Incident Management System, An Introduction** (FEMA, IS-700, approx. 3 hours)  
This course introduces and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents. At the end of this course, students will be able to: a) Describe the intent of NIMS; b) Describe the key concepts and principles underlying NIMS; c) Describe the purpose of the NIMS components including: preparedness, communications and information management, resource management, and command and management; Describe the purpose of the National Integration Center. (FEMA Emergency Management Institute)
4. **Certification in Critical Incident Stress Management (CISM)**  
This course is most accurately defined as an integrated multi-component continuum of psychological interventions to be provided in the context of acute adversity, trauma, and disaster on an as needed basis to appropriate recipient populations. CISM is not a singular technique nor a treatment for acute stress disorder, posttraumatic stress disorder, posttraumatic depression, or bereavement and grief. (<http://cism.umbctraining.com/>)

## B) ONSITE CLASSES

### Adventist Community Services

5. **Special Issues in Emotional & Spiritual Care** (approx. 2 hours)

This required 2-hour class is offered in conjunction with *Assisting Individuals in Crisis* below, forming a joint 2-day intensive. It is not about gaining more knowledge, theory and techniques. Instead, it is about the kind of persons we will be as we reach out to others in need. Topics covered include:

- Sent to serve
- Principles of ethical conduct
- A Christian witness that is ethical
- Confidentiality issues
- Continuing development in caring

### International Critical Incident Stress Foundation

6. **Assisting Individuals in Crisis**

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 (one-to-one) crisis intervention after disasters and other traumatic events. This course is designed for interested lay volunteers and professionals in a wide variety of fields, including Spiritual Care, Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, and Traumatic Stress.

- **Program Highlights**

- Psychological crisis and psychological crisis intervention
- Crisis theory and the resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions and when to refer
- Effective mechanisms of action, or ‘what works’ in crisis care
- SAFER-Revised model, a structured process for providing crisis care
- Suicide intervention with the SAFER-Revised model
- Minimizing risks, and caring for the caregiver

- **Continuing Education Information.** *Two-Day Course: 8:30 a.m. - 4:30 p.m. (course can be presented with more flexible schedule, but contact hour requirements must be met), 13 Contact Hours; Continuing Education Units issued by the University of Maryland/Baltimore County.*

7. **Group Crisis Intervention**

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide and/or participate in several group crisis interventions, including crisis management

briefings, demobilizations, defusings, and debriefings. The need for appropriate follow-up services and referrals when necessary will also be discussed. This course is designed for anyone in the fields of Spiritual Care, Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, and Traumatic Stress.

- **Program Highlights**

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- Resistance, resilience, recovery continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks

- **Continuing Education Information.** *Two-Day Course: 8:30 a.m. - 5:00 p.m. (course can be presented with more flexible schedule, but contact hour requirements must be met), 14 Contact Hours; Continuing Education Units issued by the University of Maryland/Baltimore County.*

## **8. Grief Following Trauma**

It is inevitable that volunteer and professional care providers will encounter traumatic death and loss issues, often feeling ill prepared to provide effective care throughout the grief process. This course will cover key grief and loss concepts relating to trauma and traumatic death. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic death and loss. This course is designed for anyone who works with people who experience grief and loss following a traumatic event.

- **Continuing Education Information.** *Two-Day Course: 8:30 a.m. - 5:00 p.m. (course can be presented with more flexible schedule, but contact hour requirements must be met), 14 Contact Hours; Continuing Education Units issued by the University of Maryland/Baltimore County.*

- **Program Highlights**

- Characteristics of trauma
- Clinical implications of grief
- Primary needs of victims
- What helps and what hurts
- Types of traumatic events
- Traumatic grief and grief reactions
- Death notification
- Applications of the SAFER model
- Supporting grieving people
- Personal self-care plan

**Instructors.** Persons who develop and/or present Adventist Community Services onsite or online classes are recognized by ACS as appropriately qualified for this task. FEMA verifies that all persons who develop and/or present their online classes are qualified through extensive training and experience. All individuals who teach International Critical Incident Stress Foundation onsite courses are Approved Instructors with ICISF.