

Course Fact Sheet
CISM: Critical Incident Stress Management
Grief Following Trauma

| Instructor: | Office Location and Hours: |
|---|---|
| Patricia L. Tritt, RN, MA 303 788-6236 Patricia.Tritt@HealthONEcares.com | 333 W Hampden Ave, Suite #200 Englewood, CO 80110 7:30 AM – 5:00 PM M - F |

Course Description:

In the course of nearly everyone’s life, they will, at some time, encounter people grieving the loss of a loved one from a traumatic event. This course is designed to help both professional and lay people identify characteristics of trauma and traumatic events, the normalcy of traumatic grief reactions, learn good death notification and body identification techniques, become skilled at identifying warning signs of complications, and learn the importance of early interventions and support utilizing the SAFER-R model. 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 loss. Upon completion, participants will be able to: identify types of traumatic events and the characteristics of trauma and grief; describe normal responses to trauma and normal grief responses; describe factors that may complicate the traumatic grief process; learn practical and effective methods of death notification and preparation for body identification; identify the primary needs of people experiencing grief following trauma; and outline techniques for supporting people grieving a trauma and for self-care.

Objectives:

Upon completion, participants will be able to:

1. Identify types of traumatic events and the characteristics of trauma and grief.
2. Identify normal and pathological grief responses.
3. Describe factors that may help or hinder the traumatic grief process.
4. Perform essential skills for assisting grieving people including: death notification, preparing people for body identification, and effective support services.
5. Apply a practical application of the SAFER-R model to Rando’s theory of the grief process.
6. Review techniques for supporting grieving people and identify resources for linking them to continued care.
7. Complete a personal loss and trauma history and develop a personal self-care plan.

CEUs: 14

Required materials:

Course workbook will be provided at the class.

Evaluation:

| Graded Events | Grading Scale |
|---|--|
| Role plays and intervention simulations | Appropriate participation in all assignments |

Course Schedule

| Time | Topic |
|-------------|--|
| | Day One |
| 8 AM –12 N | Introductions Characteristics of trauma Clinical implications of grief Personal loss and trauma history |
| 1 PM – 5 PM | Elements of traumatic grief SAFER-R Avoidance phase Death notification Body identification Self check |
| | Day Two |
| 8 AM – 12 N | Confrontation phase Primary needs of victims Accommodation phase |
| 1 PM – 5 PM | Grief continuum Techniques for supporting people grieving after trauma Self care |