



# KITSAP COUNTY SHERIFF'S OFFICE

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## Training Announcement

Dated: 9/17/2012

Visit us at: [www.kitsapsheriff.com](http://www.kitsapsheriff.com)

If you are interested in attending the course, please follow the registration instructions contained in the announcement. Thank you!

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### Course Name

**CISM: Group Crisis Intervention &  
Individual Crisis Intervention and Peer Support**

**Date/Time:** November 5 - 7 0800-1700hrs

**Instructor:** Captain Michael R. Cobb, BCETS

**Cost:** Free

**Training Location:** Readiness Response Institute  
1211 Carver Street  
Bremerton, WA 98212

**To Register:** E-mail Deputy Jennifer Rice at [jerice@co.kitsap.wa.us](mailto:jerice@co.kitsap.wa.us)

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### Course Description:

This course combines all of the content of the International Critical Incident Stress Foundation's Group Crisis Intervention and Individual Crisis Intervention and Peer Support courses. Participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed. The program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

## **Program Highlights**

- Relevant research findings
- Incident assessment
- Strategic intervention planning
- “Resistance, resilience, recovery” continuum
- Large and Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)
- Psychological crisis and psychological crisis intervention
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- SAFER-Revised model
- Suicide intervention

## **Captain Michael R. Cobb, BCETS**

Michael Cobb currently serves as a Captain with the Richland, Washington Police Department. Capt. Cobb has been with the department since 1982. Some of his assignments include being a member of the Tri-City Regional SWAT team since 1985 and experience as a K-9 handler for 9 years. The focus of his career has been working the street in the Field Operations Division. As a Captain, he has commanded Field Operations, Support Operations, Administrative Services, and served as Interim Chief of Police. A past President of the Washington State Tactical Officers Association (WSTOA), Mike continues to provide CISM services for the WSTOA and assists other tactical teams across North America. He is a co-founder of the Tri-City CISM Network, their past President and current Law Enforcement Coordinator. As a member of the Washington State CISM Network, he has been elected to serve several terms as Zone Representative. He is a member of Tri-City Lodge 7 of the Fraternal Order of Police. Mike is a faculty member with the International Critical Incident Stress Foundation (ICISF) and serves on the ICISF's Speakers Bureau. He is an approved instructor for CISM: Group Crisis Intervention, CISM: Advanced Group Crisis Intervention, CISM: Peer Support/Individual Crisis Intervention and Law Enforcement Perspectives for CISM Enhancement programs. Capt. Cobb is a Board Certified Expert in Traumatic Stress and a Dipolmate member of the American Academy of Experts in Traumatic Stress.

### **Course intended for anyone dealing with crisis including:**

- **Law Enforcement, Corrections, Dispatch**
- **Fire, EMS, Emergency Room Staff**
- **Chaplains, Crisis Counselors, Mental Health**

**This is an official International Critical Incident Stress Foundation Course**