

Critical Incident Workshop

Event Overview:

This full-day workshop will benefit school personnel who form part of a Critical Incident Response Team. The workshop will have two main aims;

- to hone participants' skills in responding to a critical incident, and
- develop the 'emotional muscle' that is necessary to cope with distressing events

Who can participate?

Any person who may need to manage a potential Critical Incident, or who may be interested in assisting during a Critical Incident. It is especially recommended for school leaders and Critical Incident Response Teams.

Evidence for the Need and Effectiveness of this Workshop:

The Critical Incident Response literature clearly identifies that every critical incident or traumatic event has the potential to have long-term detrimental effects on the wellbeing of some of those experiencing the incident. Prevention and early intervention have been found to be most effective in preventing long-term emotional dysfunction related to the event. Being able to adequately plan for and respond to a critical incident has a profound effect on preventing or reducing long-term harmful effects on those who have experienced the incident. Hence the need for School Critical Response Teams to practise planning for such an event.

However, those who respond to and provide support during a critical incident are themselves exposed to greater risk of being traumatised and therefore need to develop the resilience necessary to cope with such situations. Grotberg (2004) suggests that building strengths, skills and supports to deal with adversities may well be more effective than trying to prevent people from being exposed to adversities. This is the focus of the second part of the workshop.

A comprehensive list of literature and research that supports this workshop can be found on the DEET website in the document 'Responding to Critical Incidents'.

How the program will be structured?

The first aim of the workshop will be covered by means of a brief recap/familiarisation of the Critical Incident Guidelines, followed by developing a Response Plan to a scenario.

The second aim will be covered by theoretical input on skills that relate to minimising post-traumatic stress following a critical incident.



What is expected of the participants?

Participants will be expected to:

- Engage actively in the various workshop activities
- Develop their own Resilience Development Plan
- Demonstrate respect for the views and feelings of other participants
- Maintain confidentiality
- Follow through with individual commitments

What can be expected of the presenter?

- A well-structured, professionally presented workshop
- Complete confidentiality of any discussions relating to personal/school matters

Registration:

Registration for this program will be available [online](#) and will close on November 30th 2016.

Registration implies that participants have the full support of their school principal as outlined.

The early close off date will enable CEOB to determine the actual number of participants and the location of these participants which will support us in determining the number of programs that will be run next year and where.

Adherence to this closure date should make it possible to provide all participants with actual program dates and locations by Friday December 2nd.

Endorsement

Leigh Mitchell