



*Enhancing Your Resilience in a Dangerous World*

## **SCHOOL CRISIS COUNSELOR TEAM TRAINING**

Prevention is vital. Preparedness is essential. Several recent catastrophic events in our schools underscore this critical need for disaster preparation and mitigation. The State of New Jersey mandates each school district to “establish plans, procedures and mechanisms for responding to emergencies and crises.” Faced with limited community crisis counselor resources school districts are utilizing in-house Crisis Counselor Teams for prevention and to provide psychological support at times of trauma and tragedy.

We – Drs. Joseph Napoli and V. Alex Kehayan, Co-Directors of Resiliency LLC – led a team that served as an integral part of the disaster response for The Port Authority of NY & NJ during 9/11. In addition, we have designed and conducted numerous trainings and exercises for various audiences and organizations.

Based on our thirty-six years of combined experience, we developed our evidence based *Resiliency Model* for emergency management and disaster mental health that is the basis for:

- our book, *Resiliency in the Face of Disaster and Terrorism*
- *People Helping People*, our training for crisis counselor teams that is ideal for schools (See the training outline that we have used for schools below.)

Visit our web site at [www.Resiliency.us](http://www.Resiliency.us) or contact us for further information and to arrange for training: 201-461-0362 or [info@resiliency.us](mailto:info@resiliency.us)

### ***People Helping People: Crisis Counselor Team (CCT) Training***

#### **Day 1**

- ⇒ Pre-Test – Knowledge Gaps
- ⇒ Introduction – Trainers, Educational Objectives, Agenda, and Exercise: Give and Get
- ⇒ Motivation - Why Do This?
- ⇒ 10 Things to Do - What is the Solution?
- ⇒ Emergency Management Basics: Principles and Phases / Programs for Prevention
- ⇒ Exercise: Crisis Concentric Circles - “Thinking on Your Feet”
- ⇒ Recognition Skills
  - ◆ *Learn How We React* - Typical Reactions to Crisis/Disaster and Children’s Death Perceptions
  - ◆ *Decide When to Get Help* - Warning Signs!
- ⇒ *Help Yourself* – Exercise: Stress Indicators and Stress Management Strategies
- ⇒ *Help Others*
  - ◆ Routine and Ritual, Action and Activity, ABCs for Caring for Children
- ⇒ *Cultural Aspects*
- ⇒ *Wrap up*

#### **Day 2**

- ⇒ Introduction- Agenda, Recap, and Q&A
- ⇒ Exercise: Cultural Awareness
- ⇒ Response Phase - Early Interventions
- ⇒ Crisis Counseling Skills: Introduction
- ⇒ Sharpening Your Skills: Verbal and Non-Verbal Crisis Counseling Communication Skills
- ⇒ Verbal Communications Demonstration
- ⇒ Exercise: Non-Verbal Calibration
- ⇒ Response Phase
  - ◆ Psychological first aid (PFA) - Actions and Strategies
  - ◆ PFA Demonstration and Discussion
  - ◆ Exercise: Psychological First Aid: Practice and Pitfalls (Disaster Scenario / Role-play of Individual Scripts)
  - ◆ Group Intervention
- ⇒ Recovery Phase: Back to the Future
- ⇒ Resources
- ⇒ Wrap up – Exercise: Specialty / Gave and Got
- ⇒ Conclusions, Course Evaluation, and Post-Test