



**Safety
Services**
NEWFOUNDLAND
LABRADOR

www.safetyservicesnl.ca
709.754.0210

March 22nd, 2016

WORKSHOP COST: \$190.00 (per person)

Space is limited to 20 participants.

Support in the Workplace in Times of Trauma and Loss

AGENDA HIGHLIGHTS:

The one-day program focuses on several related themes important to organizations who want to have the competencies and skills to prepare, respond and recover from traumatic workplace events or significant personal crises.

The presenter will cover a series of related and interesting topics such as

- Understanding Stress
- Critical Incident Stress Management
- Post Traumatic Stress Disorder
- Breaking Bad News
- The Faces and Phases of Grief

PURPOSE:

To provide participants with basic information and techniques to help themselves and help others to plan, prepare, respond and recover from traumatic personal, workplace or community events.

OBJECTIVES:

Participants who complete the workshop will be able to

- Better understand the dynamic of stress.
- Plan for and assess situations where crisis intervention would be appropriate;
- Explain why an individual or group defusing or debriefing session would be appropriate;
- Better understand and appreciate the value of stress management as a personal, family, workplace and community resource;
- Respond appropriately in situations of loss and grief;
- Discern personal interest in pursuing further CISM Training and Certification.



DR. RICK SINGLETON

Rick Singleton holds a PhD in Health Ethics and a Doctor of Ministry Degree with a specialty in counselling. He is a professor of counselling and pastoral studies at Queen's College, an adjunct professor of Philosophy in the Faculty of Arts and adjunct professor in the Community Health and Humanities Division, Faculty of Medicine at Memorial University. He is author of the Multi-media Bereavement Resource Program used at sites across NL and in other provinces. In 2015 he retired from full time employment as Regional Director of Pastoral Care and Ethics with Eastern Health and Director of Provincial Health Ethics Network for Newfoundland and Labrador.

Rick has over 30 years' experience in counselling and has facilitated numerous critical incident debriefing sessions since he was first trained in Critical Incident Stress Management in 1990.

If you wish to register for or would like more information about this workshop, please contact our Mount Pearl office at **709-754-0210** or toll free at **877-754-0210**.