



'If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.' Marcus Aurelius

Critical Incidents ~Your Options

What is CISD?

Critical Incidents include personal, group or collective traumatic incidents such as accidents, loss of life, serious injury, etc., that if left unchecked and unaddressed can, over a period of time cause a deterioration in mental and emotional wellbeing and an inability to cope with daily life. This is sometimes referred to as PTSD, or Post Traumatic Stress Disorder. Personal incidents can include being the victim of a crime or personal assault that can leave one shocked, traumatised and frightened of taking part in normal, everyday activities they once enjoyed. Historical events (war, poverty, natural disasters, displacement, rape, abuse, etc.) can affect people over a lifetime in some cases, causing problems in creating and maintaining personal and professional relationships. Group incidents can include being involved in accidents at work or on holiday, road accidents, witnessing serious incidents, etc. for example. Collective incidents include the effects of the bombings in London, Madrid and the events of 9/11 in New York, and their effects on local, national and international communities.

Is CISD suitable for me or my company?

Many people feel that talking it through with friends and family is helpful and enough. However it is advisable to access professional help to explore issues that you may not feel confident about addressing with close individuals. This can help rationalise feelings of fear and powerlessness that sometimes such incidents elicit in us. Equally, if your company has been involved in a critical incident, it is important to offer support to your employees quickly afterwards and review over a short, medium and longer term to address related issues precipitated by delayed reactions. Research shows that a quick response often has significant value in helping employees understand what happened, and more importantly identify their reactions and responses to the event. This early intervention has shown to support individuals normalise the event and be able to function at normal levels much faster than those who have not had support. In business terms this can mean a significant reduction in time lost through absenteeism as a result of a CI.

What is involved?

CI response involves a number of basic interventions which are coupled with specific professional input and support dependent on the cause/s of the CI. Interventions are specifically tailored to reflect the needs of the individual or company and its employees to offer them the best possible support. CI intervention can be offered to groups, individuals or both dependent on their needs.

How can I access CISD?

Due to the nature of CIs, please call me in the first instance to discuss immediate intervention and explore an ongoing plan of action dependent on business and employee need. Support can be organised at very short notice.

Whatever the case, there is always someone you CAN talk to. Please get in touch to book an appointment.