

# Post Critical Incident Seminar (PCIS)

**The Overall Goal of the Post Critical Incident Seminar is to turn vulnerability into strength by utilizing proven peer support strategies and processes.**

**What is PCIS?** The Post Critical Incident Seminar is a three-day workshop, delivered by **LEMIT** and is designed for first responders, as well as active and veteran military personnel, who have experienced traumatic life-altering incidents while in the performance of their duties. Despite the best support immediately following a critical incident, there are sometimes be long lasting effects that can inhibit one's ability to return to what they believe is their sense of normalcy. Going through a critical incident can be like crossing over a fence with no opportunity to jump back. A critical incident can disrupt one's basic worldview or perspective about the way things are or should be. It can sometimes leave us vulnerable while having to come to grips emotionally with a reality that those who lack such experience cannot understand. The job, the streets, one's weapon and/or mission can start to be perceived differently. The Post Critical Incident Seminar will provide education on trauma, patterns of resolution, and field-tested coping strategies to promote recovery and resilience and peer support is an important element in the process. Discussion of incidents with fellow first responders or military veterans who have "been there" promotes normalization and recovery. This format has been in use by the FBI since 1985.

**What is a Critical Incident?** A Critical Incident is any event that results in an overwhelming sense of vulnerability and/or loss of control. This could include but is not limited to line of duty shootings, getting shot or seriously injured on the job, high speed pursuits that end in tragedy, events that bring prolonged and critical media attention, personal tragedies, and the like.

**Who should attend?** PCIS is offered to first responders, tele-communicators, and active and veteran military personnel who have been through highly traumatic events, PCIS can be the difference between long lasting effects of trauma going unresolved and unexamined and thus keeping one from entering a road to recovery.

**What will I get out of this?** An opportunity to share one's experience with one's peers, give and receive peer support, participate in sessions with mental health professionals who are experienced in communicating with first responders, tele-communicators, and active and veteran military personnel while utilizing proven trauma recovery methods. Additionally, participants will learn coping strategies that will enable recovery from past critical incidents and strengthen one's ability to deal with future incidents.

**What will it cost?** There is no registration fee for the seminar. Lunches are provided each day and lodging is covered for participants who choose to lodge with us at our designated event hotel. Participants and/or their department or agency will cover the costs associated with travel.

Participants are highly encouraged to bring their spouse, as they can also be affected by the critical incident that the participant experienced.

Please use separate registration forms for you and your spouse.

## **Topics Covered / Course Objectives**

- Share experiences with fellow officers who have been involved in traumatic incidents
- Give and receive support
- Understand trauma recovery methods by working with law enforcement-related mental health professionals
- Learn coping strategies to recovery from past trauma and build resiliency for future incidents
- Utilize the Eye Movement Desensitization and Processing Technique to help resolve recurring trauma

## **Who Should Attend / Admission Requirements**

- • First responders, telecommunicators and active and veteran military personnel who have been adversely affected by highly traumatic events.
- Spouses are encouraged to attend with the participant

## **Course Length**

Post Critical Incident Seminar (PCIS) is a three-day course.

## **Course Hours**

Participants receive 24 hours of TCOLE credit.

## **Course Cost / Fee Policy**

Post Critical Incident Seminar (PCIS) is offered at no cost for all eligible law enforcement officers, tele-communicators, and active and veteran military personnel.

## **Registration Process**

Registration is 100% online and each participant must complete their own registration form. To register, please see the "Upcoming Events" section below and click on the desired seminar offering you would like to register for. Once you have completed your registration, you will receive a confirmation email with additional program details.

## **Cancellation / No-Show Policy**

Please inform the Program Coordinator prior to the date of the program if you will not be attending.

# Course Contact

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# Upcoming Events

\* Additional fees may apply

| Statu<br>s | Date                 | Title   | Location          | Registration                        | Fee          |
|------------|----------------------|---|-------------------|-------------------------------------|--------------|
| FULL       | May 05 -<br>07, 2022 | <a href="#">Post Critical<br/>Incident Seminar<br/>(PCIS)</a> | Odessa,<br>TX     | CLOSED                              | No<br>Charge |
| OPEN       | Jul 27 -<br>29, 2022 | <a href="#">Post Critical<br/>Incident Seminar<br/>(PCIS)</a> | Huntsville,<br>TX | <a href="#">Register<br/>Online</a> | No<br>Charge |

\* Additional fees may apply

# Additional Information

## Hotel, Travel, and Meals:

The participant or their agency is responsible for expenses incurred while traveling to and from the seminar. Lunches are provided for each participant. Lodging is provided for each participant who chooses to lodge with us at the designated event hotel. Hotel information will be included in the confirmation email.

## Dress for the Week:

Casual dress for the seminar with the exception of caps/hats, shorts/flipflops.

Participants should feel as comfortable as needed. It is always recommended to bring a light jacket in case the training room is cold.