



# CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

## A SEASON OF THANKS: GRATITUDE FOR PEER SUPPORT AND CRISIS RESPONDERS

NOVEMBER 2024



### CRITICAL INCIDENT STRESS DEBRIEFING HAS NO EXPIRATION DATE

*By: Fuzzy Lake & Christine (Babin) Villanueva*

Fuzzy shares his experience with the Villanueva family, whose tragic loss prompted a reevaluation of the effectiveness of Critical Incident Stress Debriefings (CISDs). Learn how their journey through grief highlighted the importance of connection and the value of allowing voices to be heard, even long after the initial trauma.

[Read More](#) >>

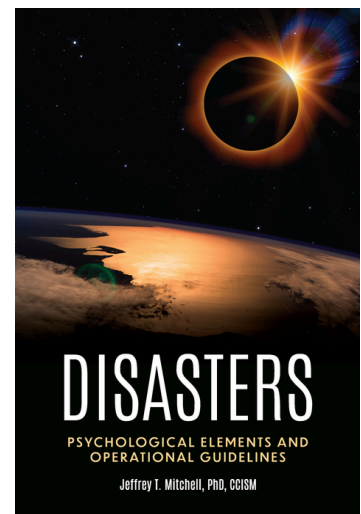


### ICISF'S NEWEST RESOURCE: "DISASTERS – PSYCHOLOGICAL ELEMENTS AND OPERATIONAL GUIDELINES"

*By: Dr. Jeffrey T. Mitchell*

This book addresses the emotional impact of disasters, offering essential guidance for disaster response and crisis intervention personnel. Dr. Mitchell draws on his 50 years of experience to provide powerful insights and strategies that will equip you to support communities in their darkest hours.

[Order Your Copy Now](#) >>



## Welcome To Our November Blog,

### **“A Season of Thanks: Gratitude for Peer Support and Crisis Responders”**

This month, we're focusing on the transformative power of gratitude. We're excited to share insights and valuable resources highlighting how cultivating appreciation fosters resilience and strengthens community bonds. Let's embrace gratitude as a source of strength.



## ICISF Training & Resources

### Training

**November 19, 2024:**

**[Resilient Leadership for Emergency Services & Healthcare Professions](#)**

**November 20 – 22, 2024:**

**[Assisting Individuals in Crisis and Group Crisis Intervention](#)**

**November 21 – 22, 2024:**

**[Line of Duty Death: Preparing the Best for the Worst](#)**

**November 21, 2024:**

**[Learning with Leaders: Post Action Staff Support \(PASS\): A Method for Evaluating Team Member Skills](#)**

**December 2, 2024:**

**[Learning with Leaders: Becoming The Best You Can Be](#)**

**December 3 – 5, 2024:**

**[Assisting Individuals in Crisis and Group Crisis Intervention](#)**

**December 10 – 12, 2024:**

**[Assisting Individuals in Crisis and Group Crisis Intervention](#)**

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." — Zig Ziglar

## Resources

- Video: [Giving Thanks & Gratitude](#)
- Video: [In CISM We Trust: Navigating Confidentiality In Shifting Seas](#)
- Resource: [Methods To Maintain And Enhance Resilience](#)
- Resource: [Traumatic Critical Incident Stress Info. Sheet for Spouses, Families, & Significant Others](#)
- Book: [Supporting a Grieving Workforce](#)
- Book: [The Secrets of Resilient Leadership](#)

## Crisis Journal Article of The Month

[Hope's Moderating Effects on Crisis Workers' Meaning in Work and Turnover Intentions](#)

## Social Media Articles

[When the helpers need help:  
New methods for first responders to treat their own stress](#)  
['Breaking Bread' discussion focus on suicide prevention](#)

## Strategic Partner Content

- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- Lighthouse Health & Wellness: [Weekly Wellness Minute: 10 Second Daily Gratitude Practice](#)
- First H.E.L.P.: [EP 61: Where the Thankfulness is!](#)
- PTSD 911: [EP. 52 - What's the most Powerful Force on Earth?](#)
- The Counseling Team International: [Grounding Exercise](#)

"When we give cheerfully and accept gratefully, everyone is blessed." — Maya Angelou

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THE ICISF PODCAST SERIES**

