



# CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

CARING FOR THOSE WHO CARE:  
A WELLNESS APPROACH FOR FIRST  
RESPONDERS

APRIL 2025



## KAYLA'S STORY

Kayla's journey is a powerful testament to the hidden battles many first responders face. From a life-changing accident to years of struggling in silence, her story reveals the raw truth of dealing with trauma and the unexpected moments that can change everything. Dive into her story to see how one chance encounter led to a journey of healing, hope, and helping others.

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## PSYCHOLOGICAL BODY ARMOR™

By: George S. Everly, Jr., PhD, ABPP, CCISM

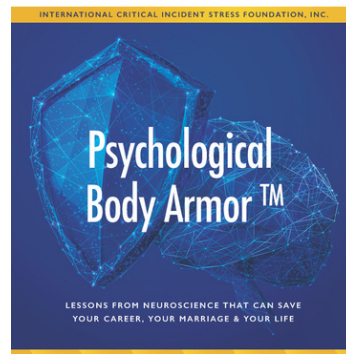
Resilience is the ability to bounce back from adversity. Imagine if there was a way to "immunize" yourself from the stress of adversity. First responders, disaster responders, public health professionals, and military members are exposed to both physical and psychological harm, requiring physical body armor and PPE for protection. This book, based on the latest science, shows how to use Psychological Body Armor™ for mental protection.

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FIELD GUIDE  
SERIES

INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.



George S. Everly, Jr., PhD, ABPP, CCISM



# Welcome To Our April Blog,

## Caring for Those Who Care: A Wellness Approach for First Responders

As the season of renewal unfolds, ICISF recognizes the unwavering commitment of first responders who continually put others' needs before their own. Yet, to maintain the strength, focus, and compassion required in these roles, caring for your well-being is essential. This month, we bring you valuable resources, expert insights, and training opportunities to support your mental, emotional, and physical wellness.



## ICISF Training & Resources

### Training

April 21 – 22

[Advanced Group Crisis Intervention](#)

May 2

[De-escalation Skills for the Front Line: A Practical Approach](#)

May 5 – 6

[Advanced Assisting Individuals in Crisis](#)

May 12 – 14

[Assisting Individuals in Crisis & Group Crisis Intervention in Colleges and Universities](#)

May 20

[From Awareness to Action:](#)

[Using CISM and PTSD911 to Win by Design](#)

June 5:

[Human Spirit and Faith Tactics in CISM](#)

June 9-10:

[Pastoral Crisis Intervention: Psychological and Faith-Based Crisis Intervention](#)

June 10:

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

“There is no greater relief than to take time for yourself, to focus on healing, rest, and recovery.”

– Maya Angelou

## Resources

- [Resource: Critical Incident Stress Information Sheets](#)
- [Video: CISM is a Social Movement](#)
- [Video: RISE \(Resilience In Stressful Events\)](#)
- [Resource: Basic Communication Techniques](#)
- [Podcast: Second Storm of Human Distress \(Quick Tips\)](#)

## Crisis Journal Articles of The Month

[Development of the Bi-Directional Engagement Strategy Tool \(BEST\) to Assist Implementation of Wellness Programs in Federally Qualified Health Centers](#)

[Caring for the Hurting: An Investigation into Critical Incident Stress Management \(CISM\) as Ministry Training for Pastoral Care in Crises](#)



## Strategic Partner Content

- Lighthouse Health & Wellness: [Science-Backed Reasons to Try Meditation](#)
- First H.E.L.P.: [EP 76: Blue Grit Wellness- Eric Tung](#)
- PTSD 911: [EP 71: How to Create a Culture of Wellness with Chief Neil Gang](#)
- The Counseling Team International: [Stress and Overall Health](#)
- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- C.O.P.S: [Survivor LODD Guide](#) and [Traumas of Law Enforcement Trainings](#)

“Taking care of others is an incredible gift. But, you have to make sure you're giving from a place of health, not depletion.”

– Brene Brown



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