



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

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

MAY 2025



THE RESILIENT RESPONDER: NURTURING MIND

From The Office of ICISF, Inc.

In honor of Mental Health Awareness Month and EMS Week, this article highlights the crucial need for mental health support for emergency responders, whose daily sacrifices often go unseen. Learn how building strong support systems and prioritizing psychological well-being are essential for ensuring the sustainability and effectiveness of those who answer the call to serve.

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LET THERE BE HOPE

By: Barbara J. Ertl, FAAETS, LPC, NCC

In her debut book, Barbara J. Ertl offers a humorous and candid look at her experiences teaching Critical Incident Stress Management, filled with insightful anecdotes and practical advice. With over 30 years of expertise in crisis response, Barb brings a seasoned perspective that will both entertain and educate anyone in the field of trauma care and support.

[Order Your Copy Now](#) >>

LET THERE BE HOPE

AN INSTRUCTOR'S JOURNEY
THROUGH THE CISM WORLD



BARBARA J. ERTL, FAAETS, LPC, NCC

Welcome To Our May Blog,

The Resilient Responder: Nurturing Mind and Mission

We understand the extraordinary demands placed upon first responders, and we are dedicated to providing training and resources that support your well-being and enhance your effectiveness. This month, from practical techniques for managing stress and preventing burnout to fostering psychological well-being and strengthening team resilience, this blog is cultivated to empower you, sustain your mental health, and renew your commitment to your critical mission.



ICISF Training & Resources

Training

June 3 – 4

Building Skills for Crisis Intervention Teams

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

June 23

Group Crisis Refreshers: Skills Enhancement and Practice

June 24 – 26

Assisting Individuals in Crisis & Group Crisis Intervention

“There is no higher honor than to be given the responsibility to care for another human being.” —Richard K. Schachern

Resources

- **Book:** [Strategic Planning](#)
- **Video:** [So You Want to Work with First Responders? A Primer for the Mental Health Professional](#)
- **Resource:** [Strategic Planning Formula](#)
- **Video:** [Understanding First Responder Cultures for Mental Health Professionals](#)
- **Book:** [Duty, Honor, Hope](#)

Crisis Journal Articles of The Month

[An Integrated Multi-Component Psychological Intervention in Response to Community Violence](#)

[The Importance of CISM Responder Self-Care: Don't Neglect Engaging in Meaningful Activities](#)



Strategic Partner Content

- Lighthouse Health & Wellness: [Work-Life Balance: Simple Habits to Unwind After a Shift](#)
- First H.E.L.P.: [EP: 65 Namaste Your Why- Vance Row](#)
- PTSD 911: [EP. 75 - I Needed to be My Own Hero - Ashley Jones](#)
- The Counseling Team International: [Post-Traumatic Growth](#)
- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- C.O.P.S: [Healing with Help - Dr. Kathy Thomas](#)
- ICPC's Annual Training Seminar: [July 21-25, 2025](#)

“If you can't figure out your purpose, figure out your passion. For passion will lead you right into your purpose.” —T.D. Jakes



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