

Emotional and Spiritual Care in Disasters

A Critical Incident Stress Management Course

Author: Kevin L. Ellers, D.Min.

Course Purpose:

The purpose of this advanced level course is to enhance the skills of clergy, chaplains, mental health professionals and trained crisis responders to provide effective emotional and spiritual care (ESC) to meet the disaster-related needs of responders and affected families and individuals within catastrophic operations. This course builds on basic crisis intervention principles taught in the *Spiritual and Psychological First Aid* course and other Critical Incident Stress Management (CISM) core courses to effectively integrate these principles within ESC teams for appropriate care throughout the disaster continuum from the immediate to long-term recovery process. This curriculum seeks to define what is appropriate and effective emotional and spiritual care in a disaster setting as outlined within the foundational Disaster Emotional and Spiritual Care Points of Consensus and the accompanying ESC Guidelines documents created by the national committee of the National Voluntary Organizations Active in Disaster (NVOAD). *(When taught at an ICISF Conference, the following may apply: 14 Contact Hours, pending approval for the following CEUs: 14 CE Credits for Psychologists; 14 CE Hours for California MFTs and LCSWs; 14 Contact Hours for National Certified Addiction Counselors OR 1.4 General CEUs from UMBC; 14 PDHs for EAPs; 14 Nursing Contact Hours).* Completion of the "Emotional and Spiritual Care in Disasters" class and receipt of a certificate indicating full attendance (14 Contact Hours) qualify as a class in ICISF's Certificate of Specialized Training Program.

Course Objectives:

By the end of the course, the participant will be able to:

- Define a disaster, key terms and processes.
- Identify the physical, psychological, emotional, behavioral, interpersonal and spiritual impact of disasters.
- Articulate the role of the emotional and spiritual caregiver (ESC) from one's own faith tradition and the elements of ESC provided in a pluralistic disaster environment.
- Clearly define the role and function of the emotional and spiritual caregiver within the incident command system and disaster relief operation.
- Outline key research relating to resilience and building personal hardiness to facilitate post-disaster growth and recovery.
- Develop a disaster ESC plan to provide appropriate and effective support to survivors, first responders and relief workers through a multifaceted range of interventions within a multiphasic continuum of the post trauma/disaster aftermath.
- Assess one's own suitability to provide ESC within the trauma and disaster context.
- Identify a personal self-care plan for maintaining one's own emotional, physical and spiritual health during deployment.

Course Format:

This two-day course will consist of 14 teaching hours. The instructor will use an interactive method of teaching that will utilize a participant manual, multimedia presentation, video, role-plays, skill-building exercises, case studies, discussion and practical exercises to achieve the course objectives.

Course Participants:

Targeted participants will be trained clergy, chaplains, mental health professionals, and CISM trained crisis responders who desire to enhance their skills in providing ESC to survivors of disaster and trauma.



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