

Management Workshop

Although this course may be presented in 16 hours, it is preferable that it be presented during a weekend because of the experiential learning which is utilized in the workshop.

The course has been developed for field personnel - paramedics, EMT's, fire and police personnel. The workshop provides detailed information on Stress, its causes and effects. Most of the time is spent in teaching stress management techniques and many of these are practiced by workshop participants during the workshop. The workshop utilizes group interaction processes, lectures, discussion groups, and individual practice sessions as well as audiovisual presentations. Individual assessment of stress is also performed by written surveys. The workshop covers the following topics:

Stress - What is it?

Causes of Stress

Effects of Stress

- a) Physiological
- b) Psychological

Acute Stress

(Burn out)

Chronic

The Management of Stress

- a) Social restructuring
- b) Environment restructuring
- c) Relaxation technique
- d) Meditation
- e) Physical activity
- f) Changing a mind set

The developer of the Crisis Intervention and Stress Management Workshops is Jeffrey T. Mitchell, M.S., Ph.D candidate. He has previously served as a firefighter, EMT instructor and a paramedic. He was the regional coordinator of Emergency Medical Services for four and one half years and is very familiar with the needs of field personnel in the area of crisis management. He holds two masters degrees in psychology (counseling and clinical) and is in the final stages of his Ph.D work in human development.

Mr. Mitchell has combined his psychological theory base with considerable field experience and has written a book which will be available in Dec. 1980. The book, Emergency Response to Crisis, was written as guidebooks for providers of emergency services to those in crisis. The book will be useful for paramedics, EMT's, police officers, firefighters, social workers, nurses and emergency physicians.

Emergency Response to Crisis by Jeffrey T. Mitchell, M.S.

H. L. P. Resnik, M.D.

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