

2026 CISM COURSE OFFERINGS - CASTILLO COUNSELLING & ASSOCIATES

Group Crisis Intervention:

April 20–21, 2026

Assisting Individuals in Crisis:

October 19–20, 2026

Time: 8:30 AM – 4:30 PM ET

Location: Online via Zoom

Cost: \$350 + HST (\$395.50 total) per course or \$685 for both (\$774.05 total)

Includes ICISF e-book materials and certificates of completion

Both courses are officially recognized and approved by the International Critical Incident Stress Foundation (ICISF).

1. GROUP CRISIS INTERVENTION – 2 DAYS - APRIL 20-21, 2026

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services.

Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

Program Highlights:

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- “Resistance, resilience, recovery” continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcomes associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)

2. ASSISTING INDIVIDUALS IN CRISIS – 2 DAYS - OCTOBER 19-20, 2026

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called “emotional first aid”.

This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

Program Highlights:

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioural crisis reactions
- Putative and empirically-derived mechanisms
- SAFER-Revised model
- Suicide intervention
- Risks of iatrogenic “harm”

Instructor

The courses are instructed by Andrea Castillo-Perez, RN, MA (Counselling Psychology), RP, EMDR Certified Therapist and Certified CISM Practitioner. Andrea brings over 25 years of experience in healthcare, mental health nursing, psychotherapy, and crisis intervention. She works extensively with first responders and frontline professionals and integrates trauma-informed, evidence-based practices into all training and clinical work. Andrea is the Clinical Director of Castillo Counselling & Associates, based in Sarnia, Ontario. Learn more at: castillocounselling.ca

Registration

To register, please visit: castillocounselling.ca

Registration closes for the spring course on March 16, 2026 and September 14, 2026, for the fall course.

Space is limited, and registration is confirmed on a first-come, first-served basis. Once capacity is reached, additional applicants will be placed on a waiting list.

If you have questions or would like to discuss training for a larger group, please contact us at 226-246-4669 or info@castillocounselling.ca