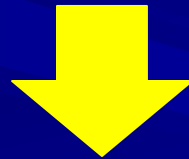




C I S M

Aviation workers

- Exposed to stressful environment.
- Rescue people from the disaster in the airport.



Appropriate **psychological care** is
necessary

MENTAL HEALTH

- Reducing Stress level.
- Appropriate evaluation and support should be done.

CISM

Critical
Incident
Stress
Management

Comprehensive
Integrated
Systematic
Multi-component

Appropriate applications of CISM

- CISM manages traumatic stress at the disaster.
- This is crisis intervention specially planned to manage.

The beginning of CISM in Japan



Hijack in Japan in July, 1999



ANA 's B747 was hijacked in July, 1999.
The captain was killed by kitchen knife
and other crew members caught the
criminal, and recaptured the control of the
ship.

Hijack in Japan in July, 1999

The co-pilot was survived.
But he experienced Critical Incident Stress.



He was not able to work on an aircraft
after the hijack.

The trial and error

JFAS

(Japan Federation of civil aviation worker's
union for Air Safety)

Air traffic controller

Pilot

Mechanic

Cabin crew

has begun mental caring.

The Theory

Dr. Tsutsumi

A psychiatrist who was the specialist of PTSD.

ICISF

(International Critical Incident
Stress Foundation)

by Dr. Jeffrey T. Mitchell, George S. Everly

ICISF



(International Critical Incident
Stress Foundation)

dedicates to prevention and mitigation
of disabling stress through the provision
of education.

THE NEED

As many as 45% of those directly exposed to mass disasters may develop PTSD or depression.

(North, et al., 1999)

THE NEED

About 50% of disaster workers likely to develop significant distress.

(Myers and Wee, 2005)

About CIS

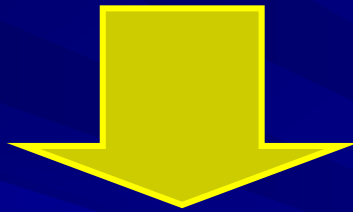
CIS is a **stress reaction** that personnel or group people will react when they are exposed to **emergency situation** beyond the reach of personnel dealing with.

About CIS

A state of cognitive, physical, emotional and behavioral arousal that accompanies the crisis reaction.

Can't Sleep !

Critical Incident Stress



Normal reaction under
abnormal situation

Critical Incident Stress

The most important thing is to be able to happen to **everyone**.



The factors of CIS - 1

- The death or injury of associate.
- The activity with feeling of dread of the grave.
- The death of a child whose age is as much as your child.
- A person you knew is in the disaster.
- A large number of people were injured or dead.

The factors of CIS - 2

- The difficulty of serious injury person's rescue.
- The rescue or the role was not able to be accomplished enough.
- The situation person have to make quick decision for a long time.
- Abnormal environment

Character of CIS

- Person who experienced CIS will get into psychological crisis temporary.
- An appropriate caring is necessary.

Not only the victim but also the person who rescues it receives the stress.

Psychological crisis



It becomes emotional scars and the obstacle might be caused at social life and the inner life.

Psychological Crisis

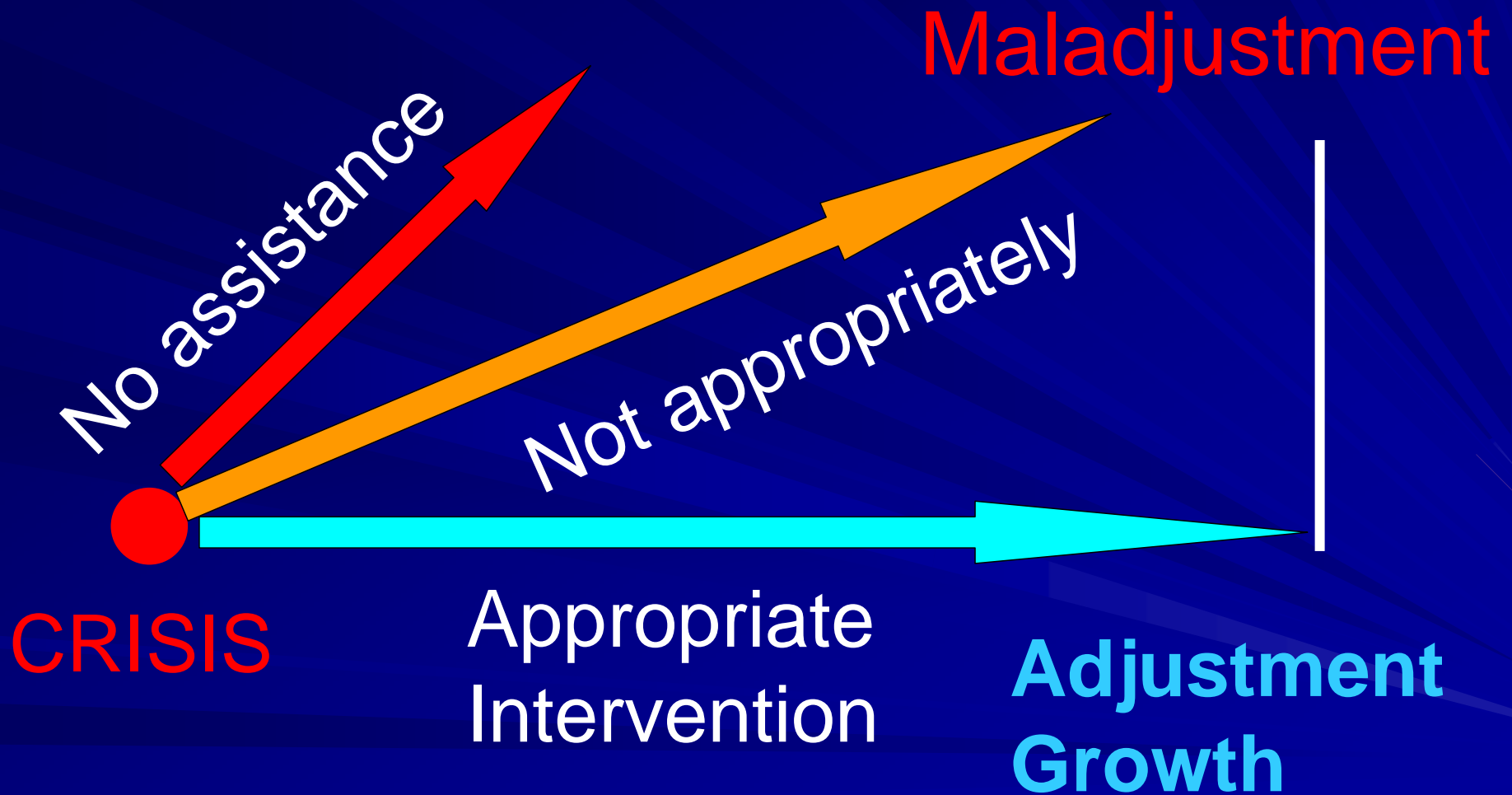
- The event is serious.



- There is no time enough to determine.

- It is not able to solve it by usual coping.

Crisis Intervention



If not managed CIS,
it may lead to several psychological
disorders,

- Acute Stress Disorder
- Post Traumatic Stress Disorder
- Panic Attacks,
- Depression
- Alcohol and Other Drugs of Abuse, etc.

About ASD

(Acute Stress Disorder)

- The trauma is repeatedly recalled.
- The state of physical arousal.
- The symptom of withdrawal, avoidance, etc.

About PTSD

(Post-Traumatic Stress Disorder)

The symptom of ASD continues for one month or more.



Dangerous Symptom of PTSD

- Dissociation, Flash back
- The symptom of withdrawal,
Planning for suicide.
- Abuse of alcohol and other drugs.
- Antisocial behavior and violation of
law
- Multiple personality, etc.

The purpose of CISM

Reduction of the symptoms
which may relate to PTSD.

CRISIS INTERVENTION

- Pre - incident education, preparation
- Assessment
- Strategic Planning
- Large Group Crisis Intervention
- Small Group Crisis Intervention
- One - on – one crisis intervention,
including individual psychological first aid

CRISIS INTERVENTION

- Family CISM
- Organizational / Community intervention, consultation
- Pastoral crisis intervention
- Follow – up and referral for continued care

To be a Peer Support Volunteer

- Understanding about PTSD, CISM
- Mastering listening skills



Peer Support Volunteer
plays a first – aid role.

Healing of 3T

■ Talk

■ Tears

■ Time

The role of PSV

- Stress level is reduced by listening.
- In case of serious symptom, PSV establishes contact with mental health.

The most important thing of CISM

- These are not substitutes for psychotherapy.

CISM activity in Japan

■ Prevention

Education is effect for reducing level of fear, anxiety.



Seminar by ICISF

Preparing is necessary for a high risk.

A target in the future

- When a large scale accident or incident occurs, PSV will assist their work companions by reducing their stress, and help their reinstatement.

