CRITICAL INCIDENT STRESS

A listing of materials available at the Justice Institute Library
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GENERAL BOOKS


A Basic Understanding of Trauma: Theories of Understanding How Trauma Travels through the Mind and Body by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 552 P67 K543 2007)


The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel A. van der Kolk, MD New York, New York: Viking. (RC 552 P67 V355 2014)


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Images of Trauma: From Hysteria to Post-Traumatic Stress Disorder by David Healy. Boston, MA: Faber and Faber. (RC 552 P67 H43 1993)


Integrative Crisis Intervention and Disaster Mental Health by George S. Everly, Jr. and Jeffrey T. Mitchell. Ellicott City, MD: Chevron Pub. (RC 451.4 D57 E94 2008)


Post Traumatic Stress Disorder (PTSD) and War-Related Stress. Ottawa, ON: Veterans Affairs Canada. (RC 552 P67 P687 2006)


Strategic Interventions for People in Crisis, Trauma, and Disaster by Diana Sullivan Everstine and Louis Everstine. New York, NY: Routledge. (RC 480.6 E913 2006)


Trauma: Explorations in Memory edited by Cathy Caruth. Baltimore, MD: Johns Hopkins University Press. (BF 175.5 P75 T73 1995)


Trauma-Related Stress in Australia: Essays by Leading Australian Thinkers and Researchers edited by Bob Douglas and Jo Wodak. Weston, ACT: Australia 21 Ltd. (RC 552 P67 T73 2016)


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Waiting for First Light: My Ongoing Battle with PTSD by Romeo Dallaire and Jessica Dee Humphreys. Toronto, ON: Random House Canada. (RC 552 P67 D35 2016)


GENERAL DVDs

D1857 Aftermath: An Initial Response to Critical Incidents (DVD, 18 minutes)
This program depicts a critical incident in the workplace and shows how counselling sessions, known as defusing or debriefing, are effective at reducing workers’ anxiety and stress related to a critical incident. (Workers’ Compensation Board of B.C.) (RC 552 P67 A375 1996)

D840 CISM. Response for First Responders (DVD, 108 minutes)
The Michigan Crisis Response Association presents a demonstration of a response to first responders after the death of three children in a fire. It includes CISD, defusing, CMB, and PASS for a first responder scenario. (Chevron Publishing Corp.) (RC 480.6 C577 2009)
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D839  **CISM. Response to a Community Setting**  (DVD, 87 minutes)
The Michigan Crisis Response Association presents a demonstration of a response to staff of a high school following the death of a student at a football game. It includes CISD, defusing, CMB, and PASS for a community-based scenario. (Chevron Publishing Corp.) (RC 480.6 C578 2009)

D1346  **The Counting Method**  (DVD, 25 minutes)
This program documents a specific technique for mastering flashbacks and intrusive recollections, and a collegial, collaborative relationship between psychotherapist and client, midway through a long-term, multifaceted out-patient treatment. (Kinetic) (RC 552 P67 C685 1993)

D1031  **Counting the Cost: The Lasting Impact of Childhood Trauma**  (DVD, 30 minutes)
Dr. Bessel van der Kolk and three clinicians explore the various symptoms of Disorder of Extreme Stress. Four survivors of severe early trauma add their perspectives on its effect on their lives and their attempts to cope with those effects. (Cavalcade Productions Inc.) (RC 552 P67 C69 1995)

D1153  **Critical Incident Stress Debriefing**  (DVD, 30 minutes)
This package is designed to assist people in various occupations and organizations recognize and manage critical incident stress (CIS). The DVD follows a fictional critical incident and illustrates the stages of critical incident stress support that precede and follow it. The DVD support materials include a workshop facilitator’s guide which will assist the facilitator to conduct a half-day workshop. It also includes a self-directed study guide that provides an overview of CIS and CIS management (CISM). Please note that this DVD contains some course language which may offend some viewers. (Justice Institute of B.C.) (RC 552 P67 C758 1996)

D860  **Critical Incident Stress Debriefing (CISD): Powerful Event Group Support**  (DVD, 44 minutes)
CISD is a structured, small group crisis intervention process. The CISD is a formal group discussion of a traumatic event. Each CISD is conducted by a trained crisis team following a multi-step process. Dr. Mitchell explains the rationale for using a CISD and describes, in detail, the seven steps in the process. Following a crisis management briefing demonstration, he leads a traumatized group of business executives through a CISD. The program also includes study questions that can be used for discussions among CISM team members. (Chevron Publishing) (RC 480.6 C5756 2009)

D1526  **Critical Incident Stress: Fire Fighters’ Experience**  (DVD, 15 minutes)
Three firefighters discuss critical incidents which have had a strong emotional impact on their lives. Of interest to any emergency service worker. (Justice Institute of B.C., Fire Academy) (RC 552 P67 C756 1989)

D859  **Critical Incident Stress Management (CISM): Defusing/Immediate Small Group Support.**  (DVD, 30 minutes)
A defusing is a small group crisis intervention process designed to alleviate distress, enhance unit cohesion, and restore unit performance. Dr. Mitchell describes the defusing process and its benefits. Following a crisis management briefing, he conducts a demonstration of a defusing with a small group of business executives. The program also includes study questions for discussions among CISM team members. (Chevron Publishing) (RC 480.6 C5753 2009)
### Critical Incident Stress Management: Crisis Management Briefing (CMB)
(DVD, 21 minutes)
A Crisis Management Briefing (CMB) is a versatile crisis intervention tool for use with large groups exposed to traumatic events. As an early intervention, a CMB provides information and guidance. It can reduce anxiety and mitigate distress, while restoring people to adaptive functions. Dr. Mitchell offers information about the nature and uses of a CMB and then conducts a demonstration with a group of traumatized employees in a business setting. (Chevron Publishing) (RC 480.6 C575 2009)

### EMDR, A Closer Look (DVD, 40 minutes)
A group of experts present their perspectives on a variety of issues concerning EMDR. Dr. Francine Shapiro demonstrates the eight-step EMDR protocol and discusses the relationship between EMDR and trauma. (Guilford Press) (RC 489 E98 E437 1999)

### Firefighter Critical Incident Stress (DVD, 15 minutes)
Covers the two main types of reactions to critical incidents: acute and delayed. Discusses the symptoms of both, as well as strategies for managing each type of reaction. (Federal Emergency Management Agency, National Fire Academy) (RC 552 P67 F573)

### Inside a Gunshot Victim (DVD, 43 minutes)
This video, after re-creating the crime, follows the victim from the scene of the crime, to surgery, to intensive care, to recovery and through his ongoing therapy for post-traumatic stress disorder. It discusses the treatment of his wounds, the use of ballistic tests as well as illustrating the effects of gunshot wounds on the human body. (Films Media Group) (RA 1121 I575 2006)

### Moving Forward ... in the Aftermath of Trauma (DVD, 14 minutes)
This is invaluable information for those directly (or indirectly) affected by traumatic incidents in the workplace and beyond. Gathers a group of leading experts in the field of trauma, who give practical suggestions for moving forward. Viewers learn to understand the normal responses to all types of trauma; take practical steps towards recovery; support coworkers, employees, friends and family; work together within organizations, and gain strength as individuals and communities. (Owen-Stewart Performance Resources) (RC 552 P67 M68 2002)

### Telling the Untold Stories (DVD, 36 minutes)
This video demonstrates the potential impact of traumatic workplace events on staff, including how external resources may assist an organization, and illustrates the stages of a group debriefing. A non-emergency services work site is used to show the applicability of these debriefings in a general workplace setting. (Justice Institute of British Columbia, Social Services and Community Safety Division) (RC 552 P67 T448 1997)

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### CRITICAL INCIDENT STRESS IN CHILDREN - BOOKS


http://www.rand.org/pubs/technical%5Freports/2006/RAND%5FTR413.pdf

(BF 723 D5 H684 1991)


The Psychological Effects of Hurricane Andrew on Elementary and Middle School Children by Russell T. Jones … [et al.]. Boulder, CO: National Hazards Research and Applications Center, University of Colorado.  
(BF 723 D5 P884 1993)


(BF 723 D5 S365 1991)

(BF 723 D5 S786 1993)

(RJ 507 S77 J64 1998)


## CRITICAL INCIDENT STRESS


### CRITICAL INCIDENT STRESS IN CHILDREN - DVDs

**D1333**  
Children and Trauma: The School’s Response (DVD, 21 minutes)  
A program for mental health professionals, school administrators and teachers. Trauma’s impact on children and schools, normal and prolonged stress responses, assessment considerations, and intervention models are presented. (RJ 506 P66 C457 1992)

**D1427**  
Play Therapy for Severe Psychological Trauma (DVD, 36 minutes)  
Play and family therapist Eliana Gil discusses the nature of trauma, how to recognize it, and how to manage its effects on children’s development. Includes a reenacted clinical interview, footage from an actual play session, and a discussion of dissociation and other symptoms associated with posttraumatic stress disorder. (Guilford Publications) (RJ 505 P6 P63 1998)

**D963**  
Trauma through a Child’s Eyes: Awakening the Ordinary Miracle of Healing: Infancy through Adolescence (DVD, 290 minutes)  
Workshop with Peter A. Levine, Ph.D., and Maggie Kline, M.S., M.F.T. Geared for professionals who have an interest in working with children, as well as those wishing to deepen their understanding of inner child work with adults. (Foundation for Human Enrichment) (RJ 499.3 T728 2008)
Understanding Childhood Trauma Video Series
(D692, D695, D694, D693, D697, D691, D696, D690)

D692  The Brain — Effects of Childhood Trauma  (DVD, 29 minutes)
Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that change neuron response and cognitive pathways and cause children to develop systems in the brain that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems in learning ability, mood, bonding and attachment, and in problem solving. This program offers caregivers, teachers and health care providers suggestions for avoiding and dealing with damage to the brain from emotional trauma, with primary emphasis being placed on prevention and timely intervention. (McIntyre Media)  (RJ 506 P55 B724 2002)

D695  Domestic Violence & Childhood Trauma  (DVD, 29 minutes)
The connection between trauma in childhood and domestic violence later in life is obvious to Jane Middelton-Moz, a relationship and trauma expert featured in this program. She states that children who experience domestic violence grow up learning to stuff feelings and emotions. They go through the world in a deep freeze, and have whole parts of themselves cut off. In domestic violence, if a partner wasn’t allowed their vulnerability as a child, then as an adult, if that vulnerability is touched, they will act out in rage. If the other partner wasn’t allowed their anger as a child, then as an adult they get the other partner to act our their anger for them. This program also features interviews with people recovering from the trauma of domestic violence, who relate the consequences of family violence. (McIntyre Media)  (HQ 809 D648 2002)

D694  Identifying & Responding to Trauma in Ages 6 to Adolescence  (DVD, 29 minutes)
Older children suffering from the effects of emotional trauma are frequently misdiagnosed as having attention deficit disorder or chronic depression. Misdiagnosed characteristics of trauma are typically sex related, with boys who are hyperactive and act-out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems also include learning difficulties, text anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behaviour. Since teachers spend so much time with this age group, this program specifically targets teachers to help them form positive attachments and offer concrete help to their students. Sample guidelines include being respectful, giving positive reinforcement, investing time and attention, being consistent, and building honest relationships. (McIntyre Media)  (RJ 506 P55 I348 2002)

D693  Identifying & Responding to Trauma in Children 0 to 5 Years Old  
(DVD, 29 minutes)
Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with the verbal language and consequently are unable to express their thoughts and feelings or describe threatening life events. In order to understand a child’s behaviour and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child’s history and emotional state from other sources. Segments in this program include determining the trauma, guidelines for caregivers, non-verbal interaction, significant loss, dissociating, being an example, and acceptance. Particular emphasis is given to a discussion on how caregivers and teachers can intervene to build trust and provide guidance, predictability and support. (McIntyre Media)  (RJ 506 P55 I347 2002)
A Parent's Guide to Identifying & Responding to Childhood Trauma
(DVD, 39 minutes)
This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence and natural catastrophic disasters, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills makes these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and, in turn, the appropriate responses to take. (McIntyre Media) (RJ 506 P66 P273 2002)

Significant-Event Childhood Trauma (DVD, 29 minutes)
Sometimes a significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, that trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturance, and the frank discussion of details. Program segments include: significant event trauma effects, targeting resources, in the classroom, divorce, single parents, addiction, violence, and intervention. Over time and with compassionate care and intervention children can recover from traumatic childhood events and be better prepared for similar losses and trauma later in life. (McIntyre Media) (RJ 506 P55 S534 2002)

Trauma & Healing (DVD, 29 minutes)
Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middelton-Moz. It also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. (McIntyre Media) (RJ 506 P55 T723 2002)

What Is Childhood Trauma? (DVD, 29 minutes)
 Defines childhood trauma as an experience that raises a child’s stress response for an unreasonable amount of time. Delves into the ranges of childhood trauma, symptom assessment, as well as its impact on the child’s physical and emotional health, development, as well as its potential impact on society as a whole. (McIntyre Media) (RJ 506 P55 W53 2002)

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DISASTERS AND TRAUMATIC STRESS - BOOKS

Applications in Emergency Services and Disaster Response edited by George S. Everly. Ellicott City, MD: Chevron. (RA 645.5 A664 1995)


DEEP Prep: All-Hazards Disaster Behavioral Health Training by James M. Shultz ... [et al.]. Miami, FL: Miller School of Medicine, University of Miami. (RA 645.5 S877 2008)
Disaster Work and Mental Health: Prevention and Control of Stress Among Workers by Don M. Hartsough and Diane Garavanta Myers. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Service, Alcohol, Drug Abuse, and Mental Health Administration, National Institute of Mental Health. (BF 789 D5 H277 1985)


Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment edited by Leon A. Schein ... [et al.]. Binghamton, NY: Haworth Press. (RC 569.5 T47 P79 2005)

Responding to the Needs of People with Serious and Persistent Mental Illness in Times of Major Disaster. Rockville, MD: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. (HV 553 R485 1996)


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EMERGENCY MEDICINE - BOOKS

Damaged: A First Responder’s Experiences Handling Post-Traumatic Stress Disorder by James Meuer. Bloomington, IN: WestBow Press, a division of Thomas Nelson. (RC 552 P67 M484 2013)


Surge, Sort, Support: Disaster Behavioral Health for Health Care Professionals. Miami, FL: DEEP Center, Miller School of Medicine, University of Miami. (RA 645.5 S877 2007)
**FIRE - BOOKS**

**Critical Incident Stress in Wildland Firefighting** by Gina Wilson-Millar. Fairfield, WA: International Association of Wildland Fire. (RC 552 P67 W547 1992)


**FIRE - DVDs**

D1863 Fire Service CMB & Defusing (DVD, 35 minutes)
Dr. Jeff Mitchell demonstrates a Crisis Management Briefing (CMB) and a Defusing in a fire service setting. Dr. Mitchel and a team of CISM providers take a group of responders who have experienced a major, traumatic multiple casualty event through the two intervention processes. (Chevron Publishing) (RC 480.6 F574 2011)

**POLICE - BOOKS**

**56 Seconds** by Sylvio (Syd) A. Gravel. Ottawa, ON: Syd A. Gravel/Budd Pub. (RC 552 P67 G73 2012)

**Aftershock: Managing the Emotionally Injured Officer: The International Association of Chiefs of Police Annual Conference at Detroit-Windsor**. International Association of Chiefs of Police. (RC 552 P67 I573 1991)


**How to Survive PTSD and Build Peer Support** by Sylvio (Syd) A. Gravel. Fitzroy Harbour, ON: Syd A. Gravel. (RC 552 P67 G733 2013)
Critical Incident Stress

Jones’ After the Smoke Clears: Surviving the Police Shooting - An Analysis of the Post Officer-Involved Shooting Trauma by Adam Pasciak. Springfield, IL.: Charles C. Thomas, Publisher, Ltd. (RC 552 P67 J66 2015)

On the Other Side of Broken: One Cops's Battle with the Demons of PTSD by Brian Knowler. Chatham, ON: Knowler Consulting. (RC 552 P67 K66 2016)


POLICE - DVDs

D2122 When Trauma Doesn't Bleed (DVD, 14 minutes)

Job-related stress comes with the territory of first responders. Some members may experience more trauma in a single day than some people will experience in a lifetime. Critical incident stress occurs when first responders experience greater than normal pressures, as the result of either a major incident or the cumulative effect of a number of smaller events. However, the sheer scale of some incidents, whether it's a terrorist act like 9/11 or a natural disaster such as Hurricane Katrina, can have an even more profound effect. This program demonstrates the importance of not only understanding critical incident stress, but also having a proactive plan in place to identify and respond to those in need. (Ontario Police Video Training Alliance) (HV 7936 T7 O58 V.128)

CRITICAL INCIDENT STRESS - JOURNALS

International Journal of Emergency Mental Health and Human Resilience

(Current issues available online only)

Other related bibliographies:

• Psychological Trauma

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