

NATIONAL ANGER MANAGEMENT ASSOCIATION

PRESENTS

CRISIS INTERVENTION SPECIALIST  
CERTIFICATION (CCIS)-

*A PATH TO SELF-MASTERY*

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Laura B Moss, CCIS-IV

CERTIFIED CRISIS INTERVENTION  
SPECIALIST

- CCIS is the first Crisis Intervention credential endorsed by a professional mental health association
- CCIS is the first CIT program that combines management of the responder's impulses with the subject's aggression as a complete crisis intervention methodology
- [www.namass.org](http://www.namass.org)

NATIONAL EMPATHY CRISIS

**CCIS:**

**A PATH TO *SELF- MASTERY***

**THE CRISIS TRIANGLE**

Understanding YOU

Understanding the CRISIS



Understanding the PIC

MODULE I

**UNDERSTANDING OURSELVES**

- + **WHO YOU ARE** AFFECTS THE OUTCOME  
AND HOW WELL YOU CONTROL A SITUATION
- + UNDERSTANDING EMOTIONAL **TRIGGERS**
- + REGULATING YOUR SNS RESPONSE, *FEAR*
- + REFRAMING WHAT IT IS TO *CONTROL A SITUATION*
- + REFRAMING **POWER**
- + LIFESTYLE **PRACTICE**

THE FIGHT-FLIGHT-FREEZE RESPONSE  
DURING CRISIS SITUATIONS

- + HOSTAGE
- + SUICIDE
- + ASSAULTIVE

MODULE II

**UNDERSTANDING THE PERSON-IN-CRISIS (PIC)**

WHAT MAKES A PERSON-IN-CRISIS?

- + TRAUMA
- + PSYCHOPATHY
- + ATTACHMENT STYLES
- + VAGUS NERVE
- + UNDERSTANDING ANGER

MODULE III

**UNDERSTANDING THE CRISIS**

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CRISIS INTERVENTION PROCEDURES

## IDENTIFY THE ESCALATING AGGRESSION TYPE

- + REACTIVE
- + INSTRUMENTAL
- + PSYCHOTIC

## NEEDS ASSESSMENT

- + WHAT DO I NEED TO SAFELY INTERVENE?
- + WHAT IS THE PIC'S UNMET NEED?

## SAFELY APPROACH

- + MOVING IN TO A SAFE ENGAGEMENT DISTANCE
- + USING NON-OFFENSIVE INTERVIEW POSTURES
- + MAINTAINING SITUATIONAL AWARENESS

## ENGAGE USING I.R.P.D.©



ISSUE A VALIDATION STATEMENT

REFER TO A POLICY, LAW, RULE, STANDARD

PROPOSE A CHOICE

DESCRIBE A DESIRABLE OUTCOME

Group  
Practice+  
Handout

REINFORCE THE SELF REGULATION PROCESS

+ ONCE YOU HAVE HELPED THE PIC REGAIN ACCESS TO THE MORE EVOLVED PART OF THE BRAIN, THE PREFRONTAL CORTEX, YOU MUST SUPPORT AND ANCHOR THEM THROUGH THE SELF-REGULATION PROCESS

+ BODY IS STILL IN THE THROWS OF F/F RESPONSE RELEASING CORTISOL, ADRENALINE, GLUCOSE

TEACHING MOMENT

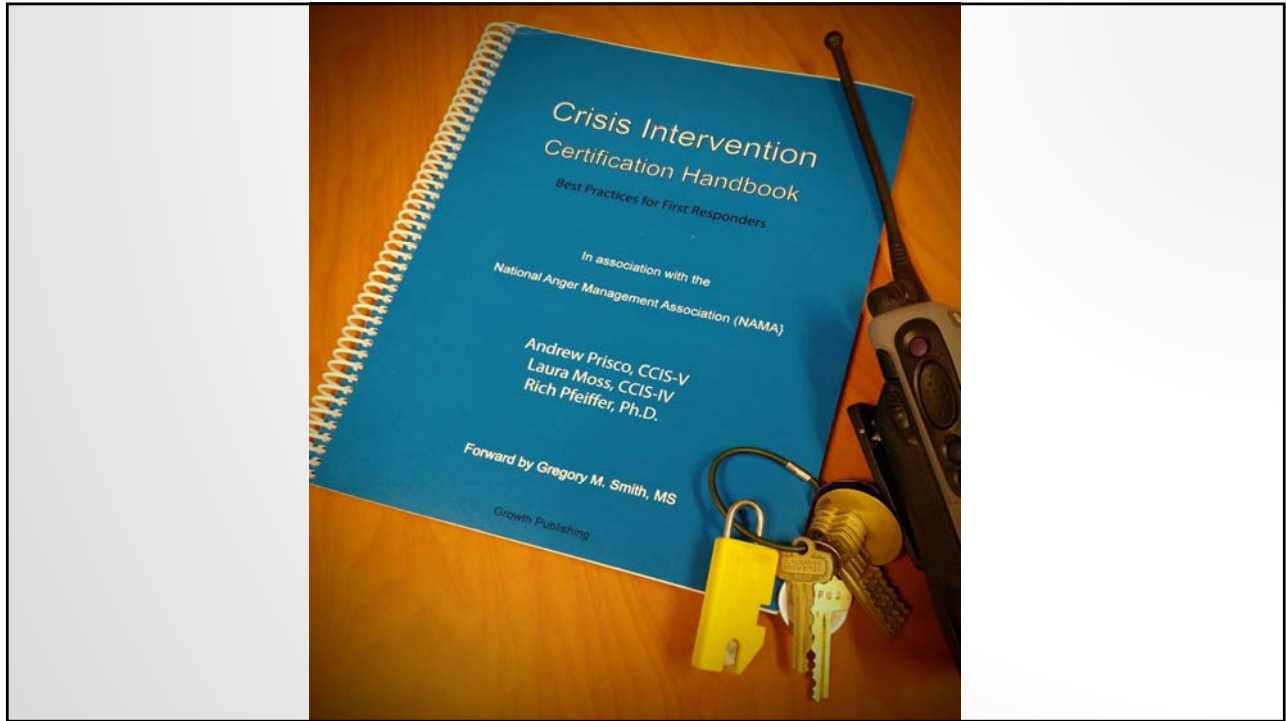
+ RE-GROUP, RE-CAP, REGARD WHAT YOU'VE DONE

+ ANALYSIS, REPORTS, PASS DOWNS

WHY IS CCIS A PATH TO SELF-MASTERY?

- + SELF- INVENTORY (MIND)
- + UNDERSTANDING AND OVER-RIDING THE F/F/F RESPONSE (BODY)
- + CREATE AWARENESS WHILE LOOKING FOR OPPORTUNITIES (MIND + BODY)
- + SELF-REGULATION, OF SELF AND OTHER (MIND + BODY *IN-ACTION*)
- + CHANGE/ HELP THE DIRECTION OF WORLD
- + EMPATHY THROUGH UNDERSTANDING
- + EVOLUTION TOWARD HIGHER STATES OF BEING

BECOME A CERTIFIED CRISIS  
INTERVENTION SPECIALIST I OR II



## CERTIFIED CRISIS INTERVENTION SPECIALIST (CCIS) TRAINING PROGRAMS, LEVELS 1 - 5

THIS IS A SKILLS CERTIFICATION IN CRISIS INTERVENTION FROM A PROFESSIONAL MENTAL HEALTH ASSOCIATION, THE NATIONAL ANGER MANAGEMENT ASSOCIATION, [WWW.NAMASS.ORG](http://WWW.NAMASS.ORG)

RESOURCES:

NATIONAL ANGER MANAGEMENT ASSOCIATION

[WWW.NAMASS.ORG](http://WWW.NAMASS.ORG)

[NAMASS@NAMASS.ORG](mailto:NAMASS@NAMASS.ORG)

GROWTH CENTRAL – NAMA CERTIFIED CRISIS INTERVENTION SPECIALIST TRAININGS

[WWW.GROWTHCENTRAL.COM](http://WWW.GROWTHCENTRAL.COM)

[INFO@GROWTHCENTRAL.COM](mailto:INFO@GROWTHCENTRAL.COM)

CRISIS INTERVENTION PARTNERS – CONSULTING, TRAINING, & SERVICES FOR LAW ENFORCEMENT, CORRECTIONS, AND INSTITUTIONAL SYSTEMS

[WWW.CRISISINTERVENTIONPARTNERS.ORG](http://WWW.CRISISINTERVENTIONPARTNERS.ORG)

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