Package 1: $2000
One full day of training (9 am to 4 pm) with a 40-minute lunch break and two 10-minute breaks

We will cover:
- The definitions of crisis and how crisis intervention differs from long term support
- Our attitudes and the way we feel about people in crisis, trauma, and mental health
- How to shift from an at risk paradigm to an at promise approach
- The bio-physiology of crisis and empathy
- The tools and strategies for efficiently deescalating and defusing crisis
- Non violent communication
- Listening beneath issues (compassionate listening)
- 3-step Crisis Helping Model
- Self-reflection

Package 2: $3000
One full day of training (9 am to 4 pm) with a 40-minute lunch break and two 10-minute breaks, and one half-day of training (9 am to 12 noon) with one 10-minute break

We will cover:
- The definitions of crisis and how crisis intervention differs from long term support
- Our attitudes and the way we feel about people in crisis, trauma, and mental health
- How to shift from an at risk paradigm to an at promise approach
- The bio-physiology of crisis and empathy
- The tools and strategies for efficiently deescalating and defusing crisis
- Non violent communication
- Listening beneath issues (compassionate listening)
- 3-step Crisis Helping Model
- Boundary setting models
- Self-reflection
- Understanding the limits and boundaries when working with people in crisis.
- Learning trauma-informed tools for working with “Crisis Oriented Clients”
- Boundary setting models
- Self-reflection
- How to recognize someone struggling with thoughts of suicide
- How to respond to someone struggling with thoughts of suicide
- How to use the Crisis Helping Model to help someone who is thinking about suicide
- Community Resources
- Self-care

Package 3: $4000
Two full days of training (9 am to 4 pm, both days)

We will cover:
- The definitions of crisis and how crisis intervention differs from long term support
- Our attitudes and the way we feel about people in crisis, trauma, and mental health
- How to shift from an at risk paradigm to an at promise approach
- The bio-physiology of crisis and empathy
- The tools and strategies for efficiently deescalating and defusing crisis
- Non violent communication
- Listening beneath issues (compassionate listening)
- 3-step Crisis Helping Model
- Understanding the limits and boundaries when working with people in crisis.
- Learning trauma-informed tools for working with “Crisis Oriented Clients”
- Boundary setting models
- Self-reflection
- How to recognize someone struggling with thoughts of suicide
- How to respond to someone struggling with thoughts of suicide
- How to use the Crisis Helping Model to help someone who is thinking about suicide
- Community Resources
- Self-care

Choose one of three CIST workshop lengths to suit your agency’s or enterprise’s needs at the location of your choice