

## WHAT'S THE DIFFERENCE BETWEEN **CISM** AND **CISD**?

**It's important to know the difference, as one is often mistaken for the other.**

**CISM** is a system for treating Critical Incident Stress.

**CISD** is only one component of that system.

### **CISM** Defined

Critical Incident Stress Management (**CISM**) is a comprehensive, integrative and multi-component crisis intervention system.

It consists of different interventions including pre-crisis preparation, defusing, Critical Incident Stress Debriefing (**CISD**), individual support, family crisis intervention and post-incident follow up. See: <http://mcrainc.net/what-is-cism>.

**CISM** is a *toolbox* that contains a variety of tools to help with Critical Incident Stress.

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### **CISD** Defined

Critical Incident Stress Debriefing (**CISD**) is a specific, 7-phase, small group, supportive crisis intervention process. It is just one of the many crisis intervention techniques of a **CISM** program. **CISD** is not a substitute for psychotherapy. **CISD** is used after a significantly traumatic event. It is provided to a group that has been exposed to a traumatic event. People who perform **CISD** are specially trained providers. A **CISD** team usually consists of one mental health professional and other peer support personnel. Ideally, these peer support personnel have backgrounds in the group they are helping, such as patrollers helping patrollers. **CISD** is primarily used to enhance resistance to stress reactions, facilitate a recovery from traumatic stress, and a return to normal healthy life. **CISD** may uncover the need for an individual to seek treatment from a mental health professional and is usually used in conjunction with other support services. See: <https://icisf.org/mitchell-phd-cts-jeffrey-t>.

**CISD** is one *wrench* in the **CISM** toolbox.