



CRITICAL INCIDENT RESPONSE IN INTERNATIONAL SCHOOLS

A unique one or two day training package for Senior Staff and School Counsellors from International Schools for promoting psychological wellbeing and the practical ability to respond to crises.

*This course will be run by **Dr Angie Wigford**, Lead Educational Psychologist for IEPS with **Mrs Hayley Jeans**, Principal Educational Psychologist for Rhondda Cynon Taf. Both have additional training and significant practical experience in responding to crises in schools.*

Participants will be taken through the current theory, research and practice of critical incident response as espoused by American, Israeli and German specialists in this area.

DAY 1: Responding to a crisis: what to do on the day and following a crisis.

This is an experiential and practical day designed to prepare senior staff to lead a school in response to a critical incident. This day will be based on a booklet which staff will adapt for their own school in order to leave with a clear written structure for how to respond in a crisis.

Topics to be discussed will include:

- Definitions of crises and levels of appropriate response.
- How to identify those most affected (using the Circles of Vulnerability). Realistic scenarios will be analysed providing a useful take away strategy for implementation in a crisis.
- Practical approaches to addressing parents and the media.
- Developmentally appropriate, practical approaches to supporting children in their understanding and reactions to crises, loss, bereavement and death.
- How staff can support each other in a crisis.

DAY 2: Promoting resilience in staff and students before and after crises.

Topics to be discussed will include:

- Definitions of resilience and vulnerability in relation to school communities.
- Psychological theories in relation to immediate and longer term reactions to crises.
- The Resiliency Wheel; based on research in schools, this model will be explained and detailed activities conducted by staff in relation to their own school as a way of identifying already good practice and where there are areas for development.
- Embedding resiliency into the curriculum (IPC, IB and UK NC as appropriate).
- Ways of increasing and developing coping skills in staff and students using the BASIC Ph approach.
- Identifying those at risk of post traumatic stress.
- How to promote post-traumatic growth.

International Educational Psychology Services Limited. Company Number 11143100.

Company address: 10 Belle Vue Terrace, Penarth, Wales, CF64 1DB, UK.

Website: www.internationaleps.com

Email: angiewigford@icloud.com