

# POST CRITICAL INCIDENT SEMINAR (PCIS) 42

## Fact Sheet

November 4-6, 2019

**The Overall Goal of the Training:** turning vulnerability into strength through learning, utilizing and offering peer support. This is an experiential workshop for officers who have "been there". Despite the best support immediately following a critical incident, there can be long lasting effects. Going through a critical incident is like crossing a fence, with no opportunity to jump back. A critical incident can rupture an officer's basic worldview. You are vulnerable and have to emotionally come to grips with a reality that the uninitiated cannot understand. The job, the street, and one's weapon are perceived differently. The PCIS will provide education on trauma, patterns of resolution, and field-tested coping strategies to promote recovery and resilience. Peer support is an important element of the PCIS. Discussion of incidents with fellow officers who have "been there" promotes normalization and recovery. This format originated with the FBI in 1983. SCLEAP has been hosting the PCIS in South Carolina since January 2000.

**What is a Critical Incident?** A Critical Incident is any event that results in an overwhelming sense of vulnerability and/or loss of control. These include line of duty shootings, getting shot or seriously hurt on the job, high speed pursuits that end in tragedy, events that bring prolonged and critical media attention, personal tragedies and the like.

**What will I get out of this?** An opportunity to share one's experience with one's peers, give and receive support, sessions with law enforcement related mental health professionals utilizing proven trauma recovery methods, and learn coping strategies that will enable recovery from past critical incidents and strengthen one's ability to deal with future incidents.

Training slots are limited. We may not be able to include everyone who wishes to participate in the program. We are planning a PCIS which will include up to 35 officers. As the course fills up a waiting list will be started. The facilitators will be law enforcement peers, mental health professionals and law enforcement chaplains. This is a program which will be offered to any sworn officers in the state, including but not limited to: SLED Agents, SCDNR Officers, SCDPS officers, SCDPPPS Agents, other State Police personnel, Sheriff's Deputies, Officers from local PD's and Federal Agents.

Spouses/significant others and 911 Telecommunicators are invited to attend the 2019 PCIS offerings.

**Date:** November 4-6, 2019

**Location:** The Lighthouse, 5503 Sunset Blvd., Lexington, SC 29072

**Re-certification credit** is available through SCCJA for sworn officers. For more information call J. Eric Skidmore: 803-252-2664 or cell 803-206-8961.

**Sponsor:** The South Carolina Law Enforcement Assistance Program

**Recommended Hotel:** Holiday Inn Express, 131 Innkeeper Drive, Lexington, SC 29072. Phone: 803-808-0800. (Sending agencies are responsible for reservations and payment for participating personnel.)