



Bill Wilson Center

All workshops will be held at BWC's new Westminster Family Resource Center, 1100 Shasta Avenue, San Jose, CA 95126



Basic and Advanced CISM Classes & Death Notification Class are POST Certified.

All classes are BRN and BBS CEU certified.

Life Change Workshops - 2024

Provided by the Bay Area CISM Team / BWC's Centre for Living with Dying Program

Critical Incident Stress Management CISM I (Basic)

February 28 9 - 5 p.m.

Learn the dynamics of critical incident stress (CIS) as an occupational hazard while developing CIS response and defusing techniques. Develop coping skills to identify CIS in yourself, co-workers, and others. Learn useful techniques for self-care and managing stress at work.

Critical Incident Stress Management CISM II (Advanced)

March 13 9 - 5 p.m.

Practice the critical incident stress (CIS) response and defusing techniques taught in CISM I. Follow the CISM protocol during mock debriefings from start to finish. Participants will have a chance to be both responders and facilitators. Participants will learn how to encourage and provide structure for effective recovery from critical incident stress, post trauma stress, and cumulative stress for emergency responders, public safety personnel, health care providers, social workers, therapists, and caregivers.

Managing Loss and Change: Unpacking our Backpack

April 17 9 - 1 p.m.

Life is full of constant movement, unresolved feelings, loss, challenges, and change. Issues such as death, serious illness, job loss/change, separation/divorce, violence or traumatic events affect us personally and professionally. In this class, we will focus on ways to unpack the incremental stressors that we carry. We will explore ways to defuse the intensity they can have on our lives.

Resolving Unfinished Business: Healing our Backpack

May 22 9 - 1 p.m.

Unfinished business is a coined term to describe any unresolved feelings, issues, relationships or acts related to change or loss in our lives. It is important to bring completion to what is left "undone" in order to move forward with total energy and commitment. We will examine tips used to resolve feelings of guilt, anger, sadness, resentment, regret and loneliness that are often a result of unfinished business.

What to Say After "I'm Sorry" & Death Notification

June 14 9 - 1 p.m.

Very few persons learn what to say or do in the event of loss, illness, or trauma. We may want to help, but may not be sure how. Explore simple and profound techniques for being present for a coworker, friend, or family-member in a positive, helpful way during these emotional and stressful events.

Presented by The Centre for Living with Dying - a Bill Wilson Center Program

BWC provides services that meet the cultural and linguistic needs of our whole community. We value our unique ethnic diversity as well as the LGBTQ community and non-able body community. Our clients, staff, and volunteers reflect our community.

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