



# Unit 12: CERT Basic Training Unit 7 Review

CERT Basic Train-the-Trainer



FEMA





# What Do You Think?



- **What is the purpose of *CERT Basic Training Unit 7*?**



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# The Purpose of Unit 7



- **What is the purpose of *CERT Basic Training Unit 7*?**
  - To examine the psychological impact of a disaster on survivors and rescuers
  - To discuss how to provide psychological first aid
  - To discuss what CERT members can do individually and as part of a CERT



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# What Do You Think?



- **What are the learning objectives for this unit?**



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# What Do You Think?



- **What are the learning objectives for this unit?**
  1. To describe the post-disaster emotional environment
  2. To describe the steps that rescuers can take to relieve their own stressors and those of disaster survivors



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# Key Topics



- Give brief overview of unit
- Demystify the topic as this information is useful and applicable to everyone
- Set boundaries for what is expected
  - CERT members identify problems but they do not manage them
- Emphasize importance of listening
- Emphasize that CERT members should take care of themselves first



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# Training Video



- If time permits show all or parts of 43-minute video, *CERT Training: Disaster Psychology*
- Video should **not** be used in place of teaching unit



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# Tips for Teaching Unit



- Recognize that this unit may be a challenge for instructor and participants
- Emphasize that this is another skill set for CERT member's tool kit
- Stick to materials
- Model compassion that you are teaching
- Emphasize that practice sessions can never fully simulate situations that CERT members will face in an actual disaster



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# More Tips



- Before session, consult with local authorities about what CERTs should do with body if someone dies
- Remind participants about what they can and can't promise
  - NO: “Everything will be okay.”
  - YES: “We’re going to do the best that we can.”



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# More Tips (contd.)



- Before session, determine if and how critical incident stress debriefing (CISD) team would be available to CERT members if needed



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# Connection to Course



- If CERT members are suffering from trauma stress, they cannot be effective members of the CERT
  - So information in this unit affects how well they can carry out skills taught in *Basic Training* course



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