

POST CRITICAL INCIDENT SEMINAR (PCIS) XI

March 1-3, 2021

PARTICIPANT COMMENTS

What have you gained from this training?

....I gained confidence by sharing my story.

...Everything I'm experiencing is normal. There are similar issues others are dealing with as well.

...Relief, peace, a better understanding of my feelings and processing my incident. EMDR was life changing, I have hope for the future.

...Being able to talk about some of my feelings that I did not know were there.

...Better stress management ideas.

...Tools and resources to help me manage my sadness. Plan to recommend to co-workers that are dealing with critical incidents.

...Ways to change and fix problems rather than deal or put up with them.

...Access to tools and resources to deal with stress, anxiety and mental health. Met new friends, course exceeded my expectation.

..Better communication with my spouse and that we continue to grow what we started. Will recommend course to others.

...Course equipped me with a tremendous amount of new tools and skills on how to deal with critical incidents and anxiety.

...A sense of relief, feeling heard, a good outlet and a list of great coping skills.

...Access to resources on how to deal with critical incidents and anxiety and the feeling of knowing I'm not alone. The course exceeded my expectations, will take information back to co-workers.

...Confidence that my coping skills are not totally abnormal and a few more tools to cope with stressors of the job. Received new friends and a broader understanding of responders' diverse experiences.

...Tools to manage my stress, advice from respected peers, courage and bravery within myself and new friends/contacts to help me through my career. Course fully exceeded my expectations!

...That I am not alone and learn how to relax. The staff was very helpful, patient and concerned. Recommend course and that it is ok to express yourself and let your emotions show.

...How to relax and deal with work place stress.

...I'm not alone, have a bright future and I will be ok. Course was above and beyond expectations.

...Understanding that there are those with the same issues as me and it's able to be dealt with.

...Better understanding of techniques to deal with stress and critical incidents.

...Enjoyed EMDR session and camaraderie amongst peers that I would not have met before. Course exceeded expectation and helped way more than expected.

...Being able to open up and talk about issues to others and to listen and understand what others are going through. I was able to let my emotions and the way I feel out, not leaving emotions inside myself.

...I heard some amazing stories, met great people, learned some helpful skills and reconnected with counselor.

...The knowledge that not being "ok" is acceptable. That the past is always with us but it doesn't need to hamper today or punish tomorrow. Allowed me to face something head on that had an overwhelming impact on my life, family and job.

....Greater understanding of where I'm currently at and have a good game plan moving forward. EMDR is awesome.