

MODULE 8

Critical Incident Stress & Rapid PFA

A Practical Guide for Immediate Support

The minutes and hours right after a critical incident are some of the most important, and most delicate, in this whole field. This module is a field-ready guide for those moments, when someone needs immediate support and there isn't time for a textbook.

Why This Module Matters

What happens in the first hours after a critical incident can shape how someone processes it for months, even years. This module gives you a practical way to show up in that window, grounded in Psychological First Aid, without needing to be a clinician to help.

What You'll Walk Away With

You'll leave with a clear, usable framework for offering immediate support after a critical incident. You'll know what to do, what to avoid, and how to recognize when someone needs more support than you alone can provide.

What's Inside

A field-ready guide built for real critical incidents, not classroom simulations. Practical language for the first conversation. Clear guidance on connecting people to further support in the days that follow.

PRESENCE™ and ATTUNE™ in Practice

This module puts PRESENCE™ and ATTUNE™ to work under real time pressure. Pausing to prepare, reading the room, and connecting someone to the next right step all happen fast here, and this module trains you to do that well even when things are chaotic.

A Story You Might Recognize

A peer supporter arrives at the station an hour after a line-of-duty death. She doesn't have a speech prepared. She checks in with each crew member individually, asks simple questions, watches for who needs space and who needs company, and makes sure everyone knows what support is available in the days ahead.

Who This Is For

Fire and EMS, law enforcement, dispatch, and other public safety personnel. Peer support team members, coordinators, and supervisors. Chaplains and spiritual care providers. Anyone who may be first on the scene after a critical incident, professionally or personally.

How We Ground This Work

This module draws on Psychological First Aid and established critical incident stress management principles, adapted into language that fits the pace and reality of a first responder environment.

Scope and Safety

This module covers immediate, informal support. It doesn't replace formal Critical Incident Stress Management teams or professional mental health response, especially for deaths, serious injuries, or pediatric calls, where those established resources should always be engaged.

Where This Leads

This module connects directly to the peer support and organizational modules, since how an incident is handled in the first hours often determines how well a team recovers afterward.

Learn the skill. Practice the encounter. Become the presence your people can trust.