

The Australian Volunteer
Emergency Chaplaincy
Alliance (AVECA) Presents
Naomi Paget in Sydney and
Melbourne in July 2019



Naomi Paget is a world-renowned expert in disaster and emergency care response from the USA, Rev. Dr. Naomi Paget who will be in Sydney from July 16 to 18 and Melbourne from July 22-24. Dr. Paget has unsurpassed knowledge and capacity to teach about crisis care, and much Australian disaster recovery chaplaincy has been drawn from Dr Paget's work. This workshop tour is an activity of AVECA with key support from the member agencies NSWDRCN and Victoria's VCC-Emergencies Ministry. In NSW this visit is supported by the Uniting Church and Wesley Mission. This is a rare opportunity to engage with world-standard teaching in crisis management.

Sydney – Lyceum Theatre, Wesley Mission 220 Pitt Street, Sydney

- July 16 – Operational Stress First Aid
- July 17 – Managing Relationships During Crisis
- July 18 – Resilience for Stress Management

Melbourne – 800 Bourke Street, Docklands

- July 22 – Operational Stress First Aid
- July 23 – Managing Relationships During Crisis
- July 24 – Resilience for Stress Management

To Register - Bookings must be made online, prior to the event

Registration for these workshops can be made by selecting the tickets sought (ie. you must select a ticket for each day you wish to attend). While all of these sessions are designed to work together, each has high stand-alone value.

Members organisations of AVECA¹ can register at the discounted rate of \$50 per day. All other registrations are at the still very low rate of \$100 per day.

Cost includes the course, downloadable manuals, morning and afternoon tea and coffee. Lunch is excluded.

Bookings may be made online through Eventbrite by clicking on the following link...

<https://www.eventbrite.com.au/e/aveca-presents-dr-naomi-paget-tickets-61141638286?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

¹ **AVECA member organisations include:** Victorian Council of Churches Emergencies Ministry (VCC-EM), Tasmanian Council of Churches Emergencies Ministry (TCC-EM), The Disaster Recovery Chaplaincy Networks (DRCNs) of NSW, WA, ACT, Northern Territory Emergency Response Chaplaincy Service (NT ERC) and Disaster & Recovery Ministries of South Australia (D&RM SA)

Course outlines

Day 1. Course Description: Operational Stress First Aid

Operational Stress First Aid (OSFA) is a unique program to teach psychological first aid to first responders and others who are susceptible to stress injury. The program was originally developed by Department of Defence for the US Marines is used to prevent, identify and treat stress problems caused by operations, critical events and personal or family crisis situations.

The goal of OSFA is to build resiliency and awareness, and to keep personal fully functional. The program also includes tools to assist leaders and personnel to take appropriate actions to restore personnel to full function and readiness when necessary.

The principles of this class are foundational to all psychological first aid and resources reference legitimate and credible crisis intervention organisations

In this class you will learn

- Four sources of stress injury
- Understand the operational stress continuum illustrated by four colours
- Signs and symptoms of stress injury
- Leadership functions during stress
- How to do an after-action review
- Understanding checklist to determine level of stress

Day 2. Course Description: Managing Personal Relationships During Crisis

Critical events, disasters, death, trauma – they shatter our lives and we feel the emotional impact in every part of our life. While we attempt to cope and adjust, we also feel the impact on our relationships. Whether the relationship was healthy or “in trouble” before the crisis, the relationship seems fragile now. Heightened arousal, physical and emotional fatigue, multi-dimensional grief, and other complicating factors make managing relationships in crisis seemingly impossible.

Understanding stress reactions that result from trauma and critical events is a starting point to understanding why relationships suffer. Recognising signs and symptoms of relationship crisis helps reduce the risk of damaged relationships. Awareness of how depression affects relationships also helps manage the relationship crisis.

When relationships are damaged or even broken, there’s hope for healing, repair, or resolving the issues that cause the difficulty. Many seek personal restoration of relationships, and others will seek restoration of family and even professional relationships. Awareness, assessment, preparation, and implementation of relationship theory, principles, and practice will help manage relationships in crisis.

What you will learn:

- How relationships are impacted during crisis and the needs that emerge
- Learn the interrelatedness of individuals and how they react during crisis
- Learn how trust is damaged and can be restored during crisis
- Learn how distress causes emotional fear dancing during crisis
- Learn to communicate more effectively for understanding during crisis
- How to respond to conflict during crisis
- How to deal with angry people during crisis
- How and why to confront during crisis
- How to maintain, build, or restore resilient relationships during crisis

Day 3 – Course Description - Resilience for Stress Management in Crisis

Care providers for those who have experienced crisis and trauma are equally vulnerable to the vulnerabilities of distress. Explore the “Stress Continuum,” the various levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, empathy fatigue, and compassion fatigue (secondary traumatization or vicarious traumatization) that may occur as a result of helping others. A discussion of coping strategies including exercises in stress management will also be offered. Building resilience occurs before, during and after traumatic events – learn about the most important element of resilience – self-regulation as stress resilience techniques will be presented, experienced and discussed.

Naomi Paget

Rev. Dr. Naomi Paget BCC: FBI Chaplain/Crisis Interventionist and Chair, National Voluntary Organizations Active in Disasters, Emotional & Spiritual Care Committee (ESCC). She represents Southern Baptist Disaster Relief and is a 53 year Red Cross volunteer, national Red Cross Disaster Spiritual Care (DSC) Task Force and Divisional Advisor. Certified crisis chaplain, instructor and curriculum writer, awarded Fellowship in American Association of Experts in Traumatic Stress and National Academy of Crisis Management, Dr. Paget is a published author and ICISF Approved Instructor for many crisis and trauma courses, consulting for several national/international organizations. She earned her doctorate from Gateway Seminary where she is an adjunct professor, advisor to doctoral students, and recipient of the Distinguished Alumni Award. Receiving Lifetime Achievement Awards in Disaster Relief/DSC from various organizations, serving in many states and foreign countries - for schools, healthcare, emergency services, disaster relief, corrections, military, faith-based organizations, corporations/business, governments and other crisis care agencies, she recently provided education and consultation for disaster relief consortia in Nepal, Turkey, Germany, Belize, Ukraine, Kenya, Serbia, Japan, China, Guam, and the Philippines. She served on the writing committee for several national documents in the area of disaster spiritual care and teaches crisis intervention for KLOVE, Air 1 Crisis Response Care.



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