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# UNIT 12: CERT BASIC TRAINING

## UNIT 7 REVIEW

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In this unit you will review the following information about *CERT Basic Training* Unit 7:

- **Unit Purpose**
- **Unit Objectives**
- **Key Points To Be Made in the Unit**
- **Training Videos Relevant to the Unit**
- **The Hands-On Activities in the Unit and How To Conduct Them Correctly**
- **How This Unit Connects to the Other Units**

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## COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

### UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

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**LEARNING  
OBJECTIVES/  
PERFORMANCE  
OUTCOMES**

At the conclusion of this unit, the participants will be able to demonstrate knowledge of the *CERT Basic Training* course Unit 7.

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**SCOPE**

The topics that will be discussed in this unit are:

- *T-T-T* Unit Overview
  - Unit 7 Purpose
  - Unit 7 Learning Objectives
  - Unit 7 Key Topics
  - Training Videos in Unit 7
  - Hands-On Activities in Unit 7
  - Tips for Teaching Unit 7
  - How Unit 7 Connects to Other *Basic Training* Units
  - *T-T-T* Unit Summary
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**ESTIMATED  
COMPLETION TIME**

45 minutes

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**TRAINING  
METHODS**

The instructor begins by asking what the purpose and learning objectives of the *CERT Basic Training* unit are. The instructor then asks participants to identify how the objectives are met in the unit.

Next the instructor reviews the key topics of the *CERT Basic Training* unit and indicates what training videos are recommended for the unit.

The focus of this *CERT Basic T-T-T* unit is on the hands-on activities: their purpose, what latitude instructors have in conducting them, and the correct way to conduct them.

Finally, the instructor reviews how the *CERT Basic Training* unit is connected to the other units in the *CERT Basic Training* course.

Please be advised that, as a general rule, the instructor is encouraged to add pertinent information to this guide, but should never subtract material.

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COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

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**RESOURCES  
REQUIRED**

- *Community Emergency Response Team Basic Train-the-Trainer Instructor Guide* (for Train-the-Trainer instructors)
- *Community Emergency Response Team Basic Train-the-Trainer Participant Manual* (for all participants)
- *Community Emergency Response Team Basic Training Instructor Guide* (for all participants)
- PowerPoint slides 12-1 to 12-11

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**EQUIPMENT**

The following additional equipment is required for this unit:

- A computer with PowerPoint software
- A computer projector and screen

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**PREPARATION**

None required

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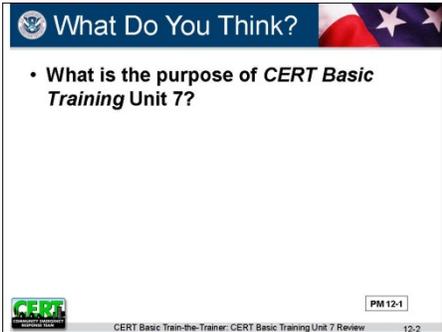
**NOTES**

A suggested time plan for this unit is as follows:

<i>T-T-T</i> Unit Overview .....	1 minute
Unit 7 Purpose.....	1 minute
Unit 7 Learning Objectives .....	5 minutes
Unit 7 Key Topics .....	5 minutes
Training Videos in Unit 7 .....	1 minute
Hands-On Activities in Unit 7.....	10 minutes
Tips for Teaching Unit 7 .....	19 minutes
How Unit 7 Connects to Other <i>Basic Training</i> Units .....	2 minutes
<i>T-T-T</i> Unit Summary.....	1 minute
Total Time: 45 minutes	

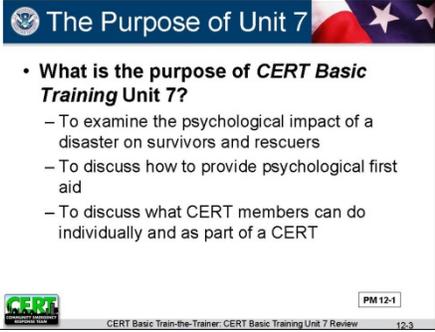
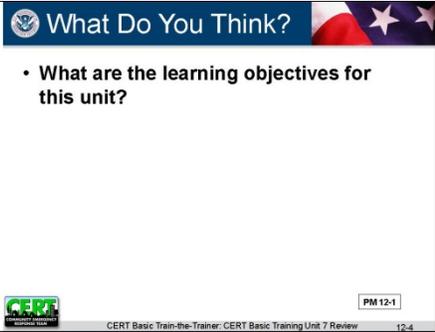
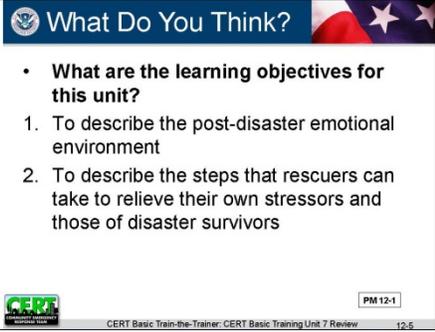
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# Unit 12: CERT Basic Training Unit 7 Review

INSTRUCTOR GUIDANCE	CONTENT
 <p>Unit 12: CERT Basic Training Unit 7 Review CERT Basic Train-the-Trainer</p> <p>FEMA CERT</p> <p><b>Display Slide 12-1</b></p>	<p><b><i>T-T-T Unit Overview</i></b></p> <p>Explain that this unit reviews the content and activities in <i>CERT Basic Training</i> Unit 7. It also looks at how Unit 7 connects to the other units in the <i>CERT Basic Training</i> course.</p>
<p>Encourage participants to use the <i>CERT Basic Training</i> Instructor Guide to find the answers to the questions.</p>  <p>What Do You Think?</p> <ul style="list-style-type: none"> <li>What is the purpose of <i>CERT Basic Training</i> Unit 7?</li> </ul> <p>CERT PM 12-1</p> <p>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-2</p> <p><b>Display Slide 12-2</b></p> <p>Conduct a class discussion based on this question.</p>	<p><b><i>Unit 7 Purpose</i></b></p> <p>What is the purpose of <i>CERT Basic Training</i> Unit 7?</p>

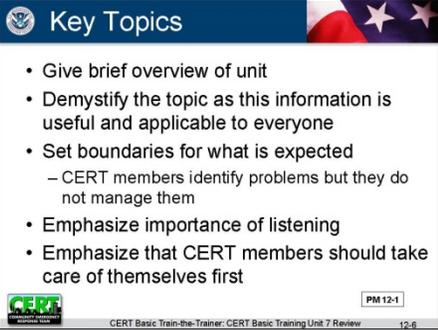
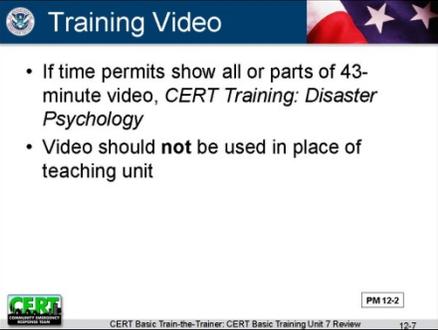
# COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

## UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

INSTRUCTOR GUIDANCE	CONTENT
 <p><b>The Purpose of Unit 7</b></p> <ul style="list-style-type: none"><li>• <b>What is the purpose of <i>CERT Basic Training Unit 7</i>?</b><ul style="list-style-type: none"><li>– To examine the psychological impact of a disaster on survivors and rescuers</li><li>– To discuss how to provide psychological first aid</li><li>– To discuss what CERT members can do individually and as part of a CERT</li></ul></li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-3</small></p> <p><b>Display Slide 12-3</b></p>	<p>Summarize the discussion by reviewing the slide.</p> <p>The purpose of <i>CERT Basic Training Unit 7</i> is:</p> <ul style="list-style-type: none"><li>▪ To examine the psychological impact of a disaster on survivors and rescuers</li><li>▪ To discuss how to provide psychological first aid</li><li>▪ To discuss what CERT members can do individually and as part of a CERT</li></ul>
 <p><b>What Do You Think?</b></p> <ul style="list-style-type: none"><li>• <b>What are the learning objectives for this unit?</b></li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-4</small></p> <p><b>Display Slide 12-4</b></p> <p>Conduct a class discussion based on this question.</p>  <p><b>What Do You Think?</b></p> <ul style="list-style-type: none"><li>• <b>What are the learning objectives for this unit?</b><ol style="list-style-type: none"><li>1. To describe the post-disaster emotional environment</li><li>2. To describe the steps that rescuers can take to relieve their own stressors and those of disaster survivors</li></ol></li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-5</small></p> <p><b>Display Slide 12-5</b></p>	<p><b><i>Unit 7 Learning Objectives</i></b></p> <p><b>What are the learning objectives for this unit?</b></p> <p>Summarize the discussion by reviewing the slide.</p> <p>Give the learning objectives for this unit:</p> <ol style="list-style-type: none"><li>1. To describe the post-disaster emotional environment</li><li>2. To describe the steps that rescuers can take to relieve their own stressors and those of disaster survivors</li></ol>

# COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

## UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

INSTRUCTOR GUIDANCE	CONTENT
 <p><b>Key Topics</b></p> <ul style="list-style-type: none"><li>• Give brief overview of unit</li><li>• Demystify the topic as this information is useful and applicable to everyone</li><li>• Set boundaries for what is expected<ul style="list-style-type: none"><li>– CERT members identify problems but they do not manage them</li></ul></li><li>• Emphasize importance of listening</li><li>• Emphasize that CERT members should take care of themselves first</li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-6</small></p> <p><b>Display Slide 12-6</b></p>	<p><b><i>Unit 7 Key Topics</i></b></p> <p>Explain that, in this unit, the instructor needs to do the following:</p> <ul style="list-style-type: none"><li>▪ Give a brief overview of the unit and the material that will be covered.</li><li>▪ Demystify the topic as this information is useful and applicable to everyone.</li><li>▪ Set boundaries for what is expected. CERT members identify problems but they do not manage them.</li><li>▪ Emphasize the importance of listening.</li><li>▪ Emphasize that CERT members should take care of themselves first.</li></ul>
 <p><b>Training Video</b></p> <ul style="list-style-type: none"><li>• If time permits show all or parts of 43-minute video, <i>CERT Training: Disaster Psychology</i></li><li>• Video should <b>not</b> be used in place of teaching unit</li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-7</small></p> <p><b>Display Slide 12-7</b></p>	<p><b><i>Training Videos for Unit 7</i></b></p> <p>If time permits, the 43-minute video <i>CERT Training: Disaster Psychology</i> (or portions of it) is recommended for this unit. The video describes the physical, emotional, and psychological reactions to a disaster and techniques for CERT members to take care of themselves and assist others in coping with the stress. The video is available for download at the National CERT Web site <a href="http://www.fema.gov/cert/">www.fema.gov/cert/</a>.</p> <p><b>Please note that the video should not be used in place of teaching the unit.</b></p>
	<p><b><i>Hands-on Activities in Unit 7</i></b></p> <p>There are no hands-on activities in this unit.</p>

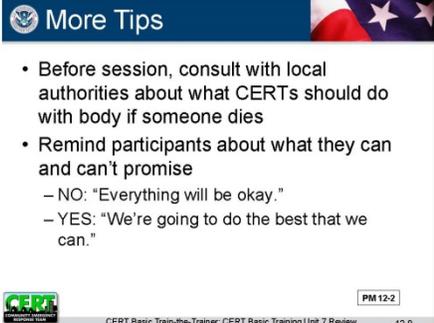
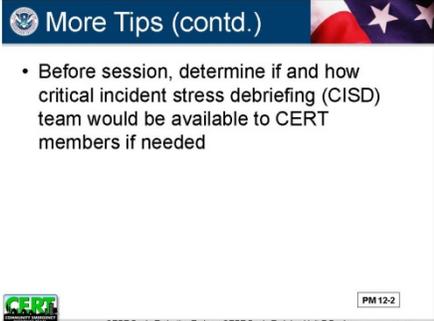
# COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

## UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

INSTRUCTOR GUIDANCE	CONTENT
<p data-bbox="164 386 602 426"> Tips for Teaching Unit 7</p> <ul data-bbox="186 443 570 674" style="list-style-type: none"><li>• Recognize that this unit may be a challenge for instructor and participants</li><li>• Emphasize that this is another skill set for CERT member's tool kit</li><li>• Stick to materials</li><li>• Model compassion that you are teaching</li><li>• Emphasize that practice sessions can never fully simulate situations that CERT members will face in an actual disaster</li></ul> <p data-bbox="164 678 602 716"> CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-8</p> <p data-bbox="164 730 435 766"><b>Display Slide 12-8</b></p>	<p data-bbox="638 380 1065 420"><b><i>Tips for Teaching Unit 7</i></b></p> <ul data-bbox="638 436 1458 1696" style="list-style-type: none"><li>▪ Explain that the topics covered in Unit 7 may be a challenge for instructors and some participants.<ul data-bbox="683 527 1442 856" style="list-style-type: none"><li>• Some participants may not feel comfortable with the more personal nature of the topics.</li><li>• Other participants may want to share too much about a personally stressful experience during the discussion.</li><li>• Participants may not have considered that disaster psychology would relate to their work as CERT responders.</li></ul></li><li>▪ The instructor needs to emphasize that techniques for handling their own emotional stress during a disaster are important for CERT members. Traumatic emotional stress can take a CERT out of action more quickly than physical injury. “Rescuer safety” means physical safety and psychological safety. This is another skill set in the CERT member’s tool box.</li><li>▪ Stick to the materials, which are purposefully limited. CERT members are not trained to, nor should they attempt to, provide counseling or therapy to others. The instructor should be clear that providing emotional assistance to other CERT members and to survivors is “field expedient.” (CERT members who are also professional counselors may choose to assist their CERTs with those skills.)</li><li>▪ The instructor must model the compassion that he or she is trying to teach.</li><li>▪ Instructors should emphasize that practice sessions can never fully simulate the situations that CERT members will face in an actual disaster.</li></ul>

# COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

## UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

INSTRUCTOR GUIDANCE	CONTENT
 <p><b>More Tips</b></p> <ul style="list-style-type: none"><li>• Before session, consult with local authorities about what CERTs should do with body if someone dies</li><li>• Remind participants about what they can and can't promise<ul style="list-style-type: none"><li>– NO: "Everything will be okay."</li><li>– YES: "We're going to do the best that we can."</li></ul></li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-9</small></p>	<ul style="list-style-type: none"><li>▪ Before the session, consult with local authorities about what CERTs should do with the body if someone dies.</li><li>▪ Remind participants about what they can and can't promise.<ul style="list-style-type: none"><li>• For example, don't tell someone everything will be okay. This promise cannot be kept.</li><li>• Instead, CERT members should use the phrase, "We're going to do the best that we can." This is more effective, believable, and reassuring. It is a promise that can be kept.</li></ul></li></ul>
 <p><b>More Tips (contd.)</b></p> <ul style="list-style-type: none"><li>• Before session, determine if and how critical incident stress debriefing (CISD) team would be available to CERT members if needed</li></ul> <p><small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-10</small></p>	<ul style="list-style-type: none"><li>▪ Before the session, determine if and how a critical incident stress debriefing (CISD) team would be available to CERT members if they need that kind of assistance.</li></ul>
 <p>Conduct brief discussion.</p>	<p><b>Do you have any other tips?</b></p>

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UNIT 12: CERT BASIC TRAINING UNIT 7 REVIEW

INSTRUCTOR GUIDANCE	CONTENT
<p data-bbox="170 386 602 428"> <b>Connection to Course</b> </p> <ul data-bbox="186 443 544 583" style="list-style-type: none"><li>• If CERT members are suffering from trauma stress, they cannot be effective members of the CERT<ul data-bbox="207 520 544 583" style="list-style-type: none"><li>– So information in this unit affects how well they can carry out skills taught in <i>Basic Training</i> course</li></ul></li></ul> <p data-bbox="170 680 602 716"> <small>CERT Basic Train-the-Trainer: CERT Basic Training Unit 7 Review 12-11</small> <span data-bbox="526 680 565 695">PM 12-3</span></p> <p data-bbox="159 730 448 766"><b>Display Slide 12-11</b></p> 	<p data-bbox="638 380 1386 457"><b><i>How Unit 7 Connects to Other CERT Basic Training units</i></b></p> <p data-bbox="638 478 1446 619">If CERT members are suffering from trauma stress, they cannot be effective members of the CERT. The information in this unit affects how well they can carry out the skills taught in the <i>Basic Training</i> course.</p> <p data-bbox="638 793 997 829"><b><i>T-T-T Unit Summary</i></b></p> <p data-bbox="638 850 1344 919">This unit has provided information on <i>CERT Basic Training</i> Unit 7.</p> <p data-bbox="638 1003 1458 1073"><b>Do you have any questions about anything covered in this unit?</b></p> <p data-bbox="638 1163 792 1192"><b>Transition</b></p> <p data-bbox="638 1213 1382 1249">The next unit will review <i>CERT Basic Training</i> Unit 8.</p>