

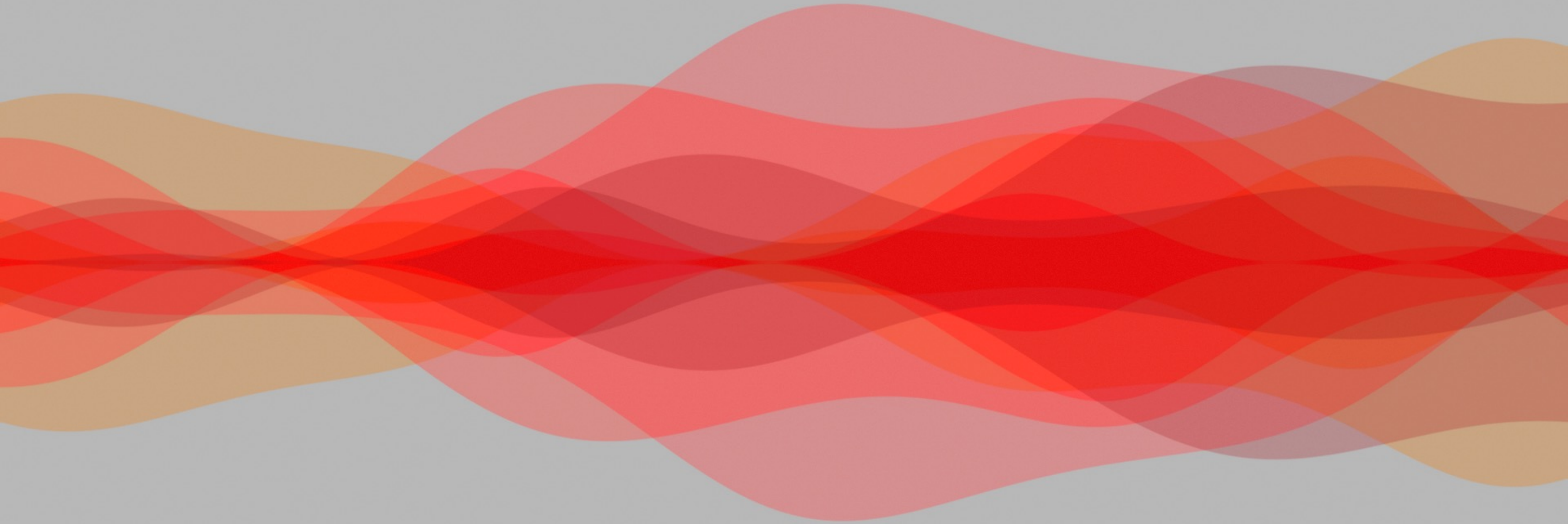


CIRP FFPM

CRITICAL INCIDENT RESPONSE PROGRAM

PROGRAMME DE SOUTIEN PAR LES PAIRS

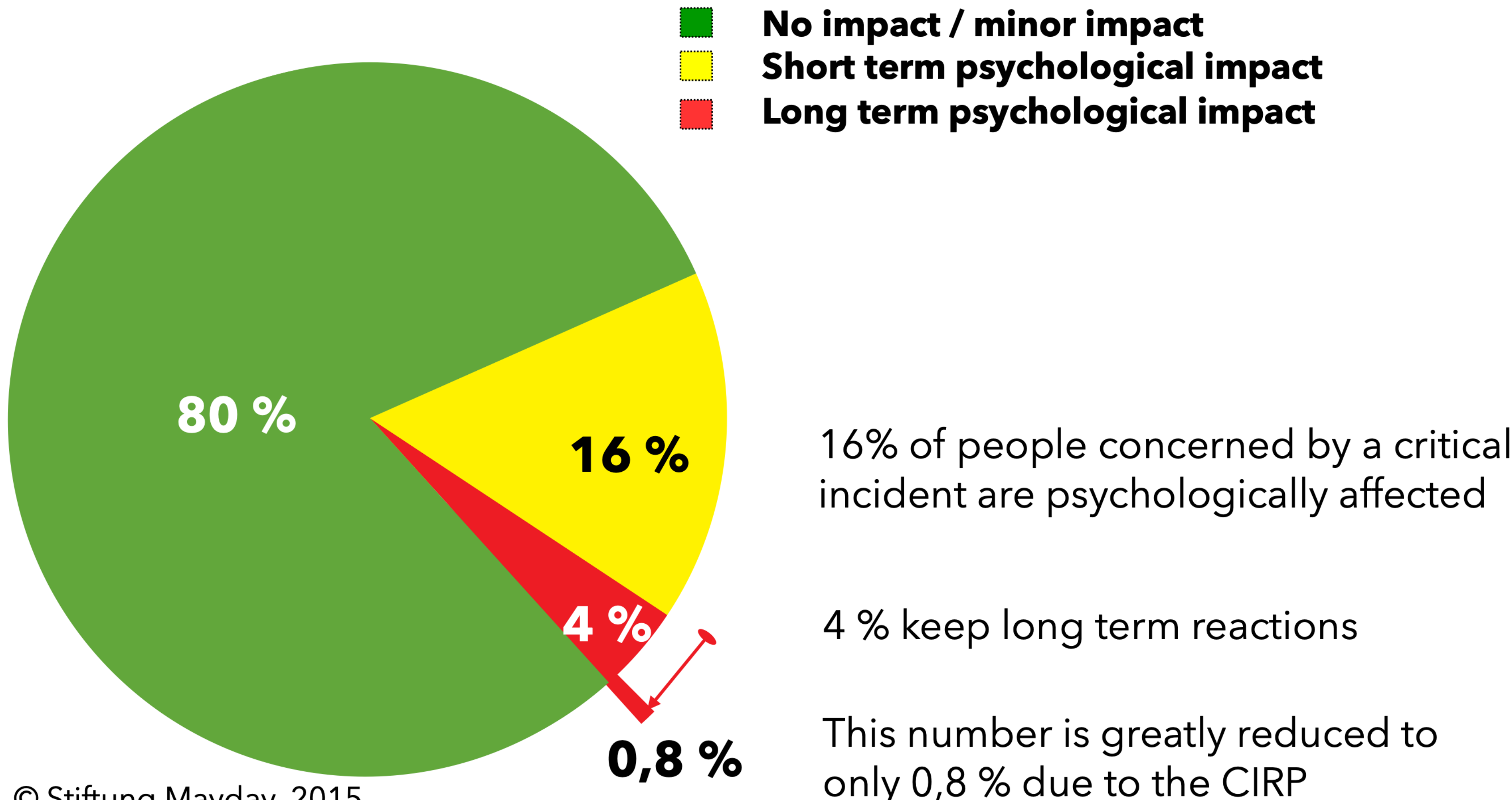
REMEMBER







CIRP : what's happening after a critical incident ?



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FFPM / Fédération Française des Pilotes Maritimes





CIRP

FFPM

CIRP

WHAT IS THE CRITICAL INCIDENT RESPONSE PROGRAM?



The purpose of ALPA's Critical Incident Response Program (CIRP) is to mitigate the psychological impact of an incident or accident and aid in the normal recovery from these events before harmful stress reactions affect job performance, careers, families, and health.

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POST TRAUMATIC STRESS MANAGEMENT

WHAT IS STRESS ?

- **NOT RELEVANT TO THE NATURE OF THE EVENT**
- **NOT RELEVANT TO THE TIME WHEN THE EVENT OCCURED**
- **STRESS = WARNING**
 - NORMAL REACTION TO AN ABDNORMAL SITUATION
 - TAKING IT INTO ACOUNT
 - DISCHARGE
- **RECOVER**

CIRP

WHAT FOR ,

- **AS PILOTS WE ARE THE BEST 🦾 ??**
- **WE DON'T NEED ANYONE ?**
- **AND IF, YET ?.....**
- **PEER LISTENING**

FFPM CIRP FRAMEWORK

- **DES NOT BELONG TO FFPM**
- **OBEY ITS OWN RULES AND STANDARDS IN ACCORDANCE WITH INTERNATIONAL RULES**
- **REQUIRES ACADEMIC AND PRACTICAL TRAINING (Air France - Air Austral ...)**



International Critical Incident Stress Foundation, Inc.

HELPING SAVE THE HEROES

CIRP FFPM

GOLDEN RULES

- **FREEDOM**
- **AUTONOMY**
- **TRUST**
- **CONFIDENTIALITY**
- **NEUTRALITY**
- **HUMILITY**

WHAT CIRP IS NOT

- ~~A TECHNICAL TEAM~~
- ~~A RETEX COMMISSION~~
- ~~AN HEALTHCARE PROFESSIONAL TEAM~~

CIRP FFPM

HOW DOES IT WORK IN France ?

- **FEDERAL STRUCTURE :**
 - **1 REFERENT UNDER SUPERVISION**
 - **12 PSV**
 - **PSV anual revalidations**
 - **STATIONS / FFPM / QUALITY ...**



FFPM

Fédération Française
des **Pilotes Maritimes**

CIRP FFPM

CHRONOLOGIE D'UN APPEL

- **WHO CALLS ?**
- **WHEN / DEFUSING**
- **WHEN / DEBRIEFING**
- **WHEN CALL-BACK / RE-ORIENTATION / CLOSURE**

CIRP FFPM

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