

OUR MISSION

As a clinical practice based in Austin, TX, Tania Glenn and Associates, PA provides counseling, consultation, and training in the mental health arena. Tania Glenn and Associates, PA, along with the Readiness Action Division, is dedicated to serving the mental health needs of individuals and families, our community, and national clients through the use of effective, appropriate, and proven interventions.

Dr. Tania Glenn and the Associates (TGA) provide several therapeutic specialties including adult, couples, family, and children's play therapy. The clinical practice works with many public safety officials and first responders within the Austin metropolitan area.

As a deployable component of Tania Glenn and Associates, PA the Readiness Action Division (RAD) consists of two branches; it provides training in critical incident response, peer support, and first response. This division works mainly with homeland defense and security professionals with a nexus to critical incidents and/or Post-Traumatic Stress Disorder (PTSD).



Dr. Tania Glenn
PsyD, LCSW



TANIA GLENN
& ASSOCIATES, PA

CRITICAL INCIDENT STRESS PROGRAM



TANIA GLENN AND ASSOCIATES, PA
and READINESS ACTION DIVISION

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READINESS ACTION DIVISION

Resilience Training and Consulting
for Homeland Defense and Security Professionals
with a Nexus to Critical Incidents and/or PTSD

www.taniaglenn.com

1.800.546.3956

Tania Glenn and Associates, PA
and Readiness Action Division

TGA/RAD PROGRAMS AND SERVICES

- Mental Health Counseling
- EMDR and PTSD Treatment
- Neutral Exchanges/Supervised Visitation
- PEER SUPPORT TEAMS
- **CRITICAL INCIDENT RESPONSE TEAMS**
- First Response Training
- Stress and Trauma Briefings

Dr. Tania Glenn and Associates, PA is equipped to provide professionals in high stress environments such as aviation, law enforcement, and first response assistance in multiple mental health programs and services. We can provide professional consultation and resilience training in handling stress and trauma in and outside the workplace. The TGA Readiness Action Division is deployable nationwide in support of natural or manmade disasters.

Please visit www.taniaglenn.com for other consulting and training services provided by TGA/RAD.

To view profiles of our management staff,
please visit us on

LinkedIn

WHAT IS A CRITICAL INCIDENT?



Critical incidents are sudden, powerful, and extreme events overwhelming those exposed to the incident. What may be a critical incident for one person may not be a critical event for another person. Likewise, an individual's definition of a critical incident may change over time with experience or as one goes through certain phases of their life. Some examples of critical incidents include:

- Natural and man-made disasters
- Biological events/bioterrorism
- Serious injury to personnel
- Mass casualty incidents
- Suicide of a co-worker
- Line of duty death

There are common signs and symptoms of a stress reaction in a traumatized person manifest physically, mentally, emotionally, and behaviorally. Some examples include:

- Rapid heart beat and breathing
- Increase in blood pressure
- Slowed thinking and reaction
- Difficulty in problem solving and decision making
- Feeling lost, abandoned, or isolated
- Changes in eating patterns or normal functioning

“There is no exercise better for the heart than reaching down and lifting people up.”

John Andrew Holmes



**TANIA GLENN
& ASSOCIATES, PA**

CRITICAL INCIDENT STRESS PROGRAM

TGA-RAD follows the curriculum provided by the International Critical Incident Stress Foundation training in Critical Incident Stress Management (CISM) and Peer Support. We can train your staff in CISM and support your CISM team during critical incidents.

STAFF QUALIFICATIONS

All TGA/RAD associates and/or staff have a license and/or certificate in their respective area of subject matter expertise. Additionally, they have a minimum of a Master's of Arts in Counseling or Social Work and a minimum of three years experience providing counseling services to individuals, couples and families. As licensed mental health providers, the TGA supervised visitation monitors have a Master's degree.

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WHAT IS CRITICAL INCIDENT STRESS MANAGEMENT?



Based in Austin, Texas, Dr. Tania Glenn and Associates, PA (TGA) and the Readiness Action Division (RAD) support multiple stakeholders locally and nationally.

Critical Incident Stress Management (CISM) involves recognition of the types of stress, effects of stress, and managing traumatic events. And, CISM involves a comprehensive understanding on normal reactions to stress and ways to manage stress and trauma through difficult periods and/or deployments. Although anyone can experience critical incidents and feel the effects of stress and trauma, uniformed professionals who work in the aviation, first response, and military communities are most susceptible to Post-Traumatic Stress (PTS) and its Disorder (PTSD).

For more information, please call our office at 512-323-6994 option 1, extension 1 and leave a message. The Director of Training and Peer Support will return your inquiry within two business days.

“Nothing could be worse than the fear that one had given up too soon, and left one expected effort that might have saved the world.”

Jane Addams