

## **Training Objectives**

Participants will learn to identify and differentiate between everyday stress, traumatic stress, burnout, and compassion fatigue in law enforcement personnel. Participants will be given tools for initiating positive interventions, cures (when available), and prevention strategies on an individual and agency level. They will identify and discuss how their personal risk management affects the agency, encouraged to model and maintain healthy professional boundaries between work and personal matters, and be able to identify resources for officers at risk.

## **Outline**

### **Law Enforcement Values**

#### **Stress**

- Positive v. Negative**
- Sacrificing Personal Needs**
- Police Officer Stereotypes**

### **Identifying Everyday Stress**

- Coping With Stress: Individual & Agency Strategies**
- Challenging & Reinterpreting of "That's Stupid"**
- Boundaries Between Personal & Professional**

### **Identifying Traumatic Stress**

- Traumatic Stress Interventions - Reducing The Effects**
- Traumatic Stress Prevention: No Such Thing...Yet**

### **Identifying Burnout**

- Burnout Cure**
- Burnout Prevention**
- Individual Strategies**
- Agency Strategies**

### **Identifying Compassion Fatigue**

- Compassion Fatigue Cure**
- Compassion Fatigue Prevention**
- Individual Strategies**
- Agency Strategies**

### **Strategic Planning For a Healthier Agency**

- Responding to What You Realistically Control**
- Responding to What You Don't Control**
- Supervisor Responsibility**
- Modeling**
- Mentoring**



This workshop is designed for supervisors of law enforcement personnel. The workshop is two hours long and appropriate for groups of any size.