



OAKLAND POLICE ACADEMY

Combined Regional Emergency Services Training
Oakland Community College

2900 Featherstone Road • Auburn Hills, MI 48326-2845 • www.oaklandcc.edu/crest/



LAW
ENFORCEMENT
TRAINING

"COPSHOCK" - SURVIVING THE EMOTIONAL REPERCUSSIONS OF LAW ENFORCEMENT ACTIVITY

"We chase monsters, but fear ghosts." - Police Officer

INSTRUCTOR: LaMaurice H. Gardner, Psy.D., Police Psychologist.

RATIONALE FOR COURSE: This two day course was developed to address officer response to Critical Incidents or "Toxic" experiences that have the potential to emotionally cripple officers and to address the "corrosive" or cumulative effects of the job that assault officers every day.

DESCRIPTION: The law enforcement community explicitly rewards traits such as physical toughness, independence, emotional restriction, and the ability to instrumentally react in the face of traumatic events. However, it is unquestionable that police and support personnel face specific psychological distress on the job as a result of exposure to emotionally Toxic and Corrosive situations. As a result, many officers suffer high rates of depression, anxiety, stress, anger management problems, and relationship difficulties. At times, the level of critical incident stress and occupational stress leads to Post Traumatic Stress Disorder, Major Depression, Substance Abuse, Alcoholism and at worst, Suicide. However, by studying and understanding potential emotional and physical reactions to critical incidents and providing insight into management of the everyday organizational stressors, officers can develop the personal and social resilience to truly survive and grow in the Law Enforcement profession.

GOAL: Participants will recognize and normalize the cognitive, emotional and physical responses that often accompany exposure to critical incidents. They will also learn psychological strategies that will inoculate them from the psychological hazards of exposure to trauma. Further, participants will develop the resources, competencies and "emotional survival mindset" which will help them maintain balance in the presence of daily organizational stress.

OBJECTIVES: Through lecture, reading assignments, video tapes and guest speaker personal accounts, participants will explore the causes and effects of the "emotional injuries" common to the profession of Law Enforcement. They will actively address the often overlooked and taboo subject of stress reactions and in doing so will gain valuable insight and will become more likely to seek and/or providing emotional support.

COURSE NAME: "Copshock" - Surviving the Emotional Repercussions of Law Enforcement Activity

DATE: May 2-3, 2019

TIME: 8:00 am - 4:30 pm

COST: \$175.00 – Early registration
\$225.00 – After April 22

LOCATION: Oakland Police Academy
Oakland Community College
2900 Featherstone Road
Auburn Hills, MI 48326-2845
Phone: 248.232.4220
Fax: 248.232.4225

– 302 Funds Eligible –

CANCELLATION POLICY: Class reservations may be cancelled up to 7 calendar days prior to the first day of class with a 100% refund, less than 7 days, but prior to the first day of class with a 50% refund, on the first day of class with a 0% refund. All "no shows" will be charged full price. Please include the registered person's name, course name and date, your signature and date. Students are responsible for amounts not covered by third party sponsors or departments unwilling to satisfy the invoice.



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TRAINING NOTICE