



Jefferson College Law Enforcement Academy

1000 Viking Drive, Hillsboro, MO 63050
(636) 481-3425 www.jeffco.edu/jclea



Building Resiliency and Surviving Secondary Trauma

Date: September 8th, 2023

Time: 0800 - 1200 hours

Location: Jefferson College Law Enforcement Academy – 4400 Jeffco Blvd. Arnold, MO 63010

Instructor(s): Provided by JCLEA

Registration Deadline: September 1st, 2023

Registration: JCLEA (636) 481-3424

Course Description: Building resilience and surviving secondary trauma are crucial for maintaining one's mental and emotional well-being, especially in professions or situations that expose individuals to intense or traumatic experiences. This course will discuss strategies to help individuals develop resilience and cope with secondary trauma. Participants will learn to maintain strong connections with friends, family, or colleagues who can provide emotional support. Sharing your experiences and feelings with trusted individuals can help you process secondary trauma and alleviate its impact. We will develop strategies on how to challenge negative thoughts and advance a more positive and resilient mindset. Reframe your thoughts by focusing on your strengths, accomplishments, and the positive impact you make in your work or personal life.

Dress Code: Business Casual

POST Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	Total Hours
POST Hours	4				4

Certificates Issued by: Jefferson College Law Enforcement Academy

Cost: Contract Members: Free

Non Contract: Free

Class Limits: Maximum: 25 participants

Minimum: 10 participants

Additional Information:

Contact JCLEA for any further questions: (636) 481-3425