



Jefferson College Law Enforcement Academy

a CALEA accredited training facility

4400 Jeffco Blvd. Arnold, Missouri 63010

636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612



Resiliency & Battlemind: How Officers Cope & Recognizing Trauma, Stress Responses, and PTSD

Date: May 17, 2022

Time: 0800-1200 hours

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

Room 207

Instructor (s): Megan Swaback, COMTREA

Registration Deadline: May 10, 2022

Intended Audience: Law Enforcement Community

Resiliency & Battlemind – How Officers Cope: This training is designed to teach law enforcement officers the concepts of battlemind and resiliency, unhealthy and healthy ways to cope, as well as the challenges and barriers to self-care. Techniques to promote resiliency will also be taught and demonstrated.

Course Description: **Recognizing Trauma, Stress Responses, & PTSD:** This training focuses on interacting with individuals who have witnessed or experienced a traumatic event. It is crucial to examine and recognize trauma, stress responses, and PTSD in today’s society. There are a multitude of traumatic events occurring, from natural disasters, terrorist attacks, and random school shooting to just experiencing the stressful activities that occur on a daily basis. These situations can all be overwhelming to everyday citizens and professional alike. Topics include: how to recognize the signs and symptoms of trauma and PTSD, understanding the chemical responses in the brain to trauma, and identify healthy and unhealthy coping skills and how these affect our reactions to trauma.

Dress Code: Business Casual

P.O.S.T. Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	TOTAL
P.O.S.T. Hours:	3	0	0	1	4
Additional Info					N/A

Certificates Issued by: Jefferson College Law Enforcement Academy

Cost: *Contract members* \$0.00 *No contract* \$0.00

Class Limits: *Maximum* # 26 participants *Minimum* #10 participants

***Attendance Requirement:** In order to certify attendance, participants must be present for all training hours.

To register for this course call: 636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612

Name: _____ Telephone: _____

Department: _____ Rank/Assignment: _____