



# 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



## Surviving Secondary Trauma

**Date:** September 25, 2019

**Time:** 0800-1200 hours

Jefferson College Imperial Law Enforcement Academy

**Location:** 4400 Jeffco Blvd.  
Arnold, MO 63010

Room 207

**Instructor (s):** Lt. Paul Ferber, JCLEA Staff

**Registration Deadline:** September 18, 2019

**Intended Audience:** First responders and civilians who experience secondary trauma in the course of their employment.

This innovative training experience was originally developed through inter-disciplinary collaboration led by Truman Medical Center Behavior in partnership with the Kansas City Police Department, Kansas City Municipal Court with consultation support from the Secondary Trauma Resource Center.

**Course Description:**

This training addressed first Responders and civilian secondary trauma, including challenges and barriers they face, alternatives to unhealthy coping, and a review of techniques to more effectively cope with the trauma they experience.

During this training we will identify secondary trauma and risk factors. We will describe the mind-body connection to secondary trauma in work and life. We will complete a variety of assessment tools. During the training we will practice, reflect upon and develop coping skills to build resiliency for self and peer support.

**Dress Code:** Business Casual

P.O.S.T. Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	TOTAL
P.O.S.T. Hours:	4	0	0	0	4
POST Subtopics	Officer well-being, including mental health awareness.				2

**Certificates Issued by:** Jefferson College Law Enforcement Academy

**Cost:** *Contract members* \$0.00 *No contract* \$25.00

**Class Limits:** *Maximum* # 35 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: \_\_\_\_\_