
GRAND TRAVERSE SHERIFF'S OFFICE

hosting



“COPSHOCK”

With a Tactical and Clinical debriefing on the Assault on the DPD 6th Precinct

“We chase monsters, but fear ghosts.” – Police Officer

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

RATIONALE FOR COURSE: This 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, and video tapes, 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.

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DATE: November 21, 2018

TIME: 8:00 am - 4:30 pm

COST: \$100

LOCATION: Garfield Township Hall
Upstairs Meeting Room
3848 Veterans Drive
Traverse City, MI 49684

– MCOLES 302 Funds Approved –

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