

Whatcom County Garden Room

322 N. Commercial Street

Thursday 2/29/2024 1800-2000

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Email [andrea@whatcomcountyems.com](mailto:andrea@whatcomcountyems.com) to register



# Secondary Traumatic Stress Class

Secondary Traumatic Stress is the impact we feel when we witness and experience someone else's traumatic event. Trauma by its very nature is impactful, no matter how insignificant or significant the exposure is, it has an impact on our lives. This class will look at why witnessing trauma impacts us and explore what Secondary Traumatic Stress is, as well as what we as first responders can do to mitigate that impact and maintain emotional balance in our lives.

## With Pat Ellis, Crisis Intervention Coordinator/Chaplain

Pat Ellis started his career as a public safety chaplain in 2000 with the Kent Police Department, Puget Sound Regional Fire Authority, Valley 911 Communications Center. He holds multiple certifications in critical incident stress management, traumatic stress, traumatic grief, and line of duty death of an emergency responder. Pat teaches Critical Incident Stress Management, Compassion Fatigue and Emotional Survival in Emergency Services for various public safety agencies and academies throughout Washington. He also trains and coordinates peer support teams for multiple fire and police departments. Pat serves as President of the Board for the Washington State Fallen Firefighters Foundation and is the co-author of the Washington State Fire Service Line of Duty Death Policy and Procedures. He is the Washington State Coordinator for the National Fallen Firefighters Foundation, Local Assistant State Team. Pat is married and has three children and 4 grandchildren.

