

First Responder Psychology

Dr. Stephanie M. Conn

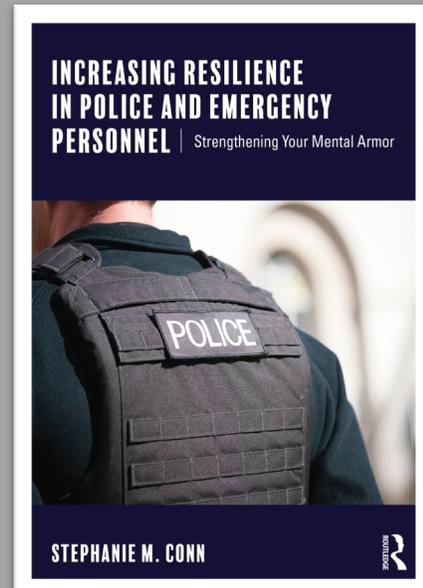


As a cop-turned-psychologist, I have both the background AND the heart to understand the work. I've had many roles in the last 20+ years in the profession: dispatcher/call-taker, victim services, police officer, and clinician. I've also had the benefit of decades of personal roles: daughter, wife, and friend of officers. All of these experiences have given me a well-rounded understanding of the impact of the work.



Training Programs

Dynamic, made-to-order programs to empower first responders to be healthy, resilient, and effective in their work and lives.



Training Offered



Coping with Secondary Traumatic Stress

This course offers an explanation of secondary traumatic stress, how it differs from post-traumatic stress and burnout, and how it impacts first responders and their families. Proactive and reactive strategies are offered for individuals and organizations to mitigate the accumulation of stress resulting in secondary traumatic stress disorder (STSD).



Building Resilience

This course applies the research on resilience to first responder work, discussing risk and protective factors. Strategies are offered to assist the first responder to identify personal risk and protective factors, in order to decrease the risk factors (ex.- isolating, faulty thinking, avoidance) and increase protective factors (seeking support, improving health, purpose).



Beating Burnout

This course discusses the unique sources of chronic stress affecting first responders (overtime, shiftwork, high call load). The psychological, physiological, and spiritual toll of burnout is discussed and complemented by practical strategies aimed at countering these harmful effects.

Training Offered



CISM/Peer Support

In this course, peers learn how to identify the signs of common issues affecting first responders, and how to have helpful conversations to support them. Practical guidance is also offered, including identification of strategies and resources so that peers are better equipped to support their fellow first responders.



C.P.R. for Resilient Families

This course offers families of first responders insights into the changes that occur over the career of the first responder. Families are assisted in identifying these changes and communicating them in a supportive manner to their first responder. They also learn to build their own resilience, as they adapt to the givens of first responder work (danger, shiftwork, public scrutiny). Lastly, families are equipped with resources to continue building their resilience, which will, in turn, fortify the first responder's resilience.



Work-Life Balance

This course assists first responders to develop balance even with the demands of their work. They are assisted to transition from work to home, to be more engaged in their home life, and improve their health and relationships outside of work. In this way, they are restored to better meet the demands of the first responder role.