

Det. Gary M. Fournety (Ret.)
St. Louis County Police Department
Founder and President Emeritus
314.609.2719



Lt. Brian M. Hilke (Ret.)
O'Fallon, MO Police Department
President
636.795.2383

Vista Law Enforcement Training and Consulting, LLC 7055 Mexico Road, #776, St. Peters, Missouri 63376

After the Trauma: Officer Self-Help Program (2, 4, or 8 Hour)

Vista Law Enforcement Training and Consulting, LLC, in cooperation with **????**, has scheduled this **2, 4, or 8-hour POST-approved training program, titled "After the Trauma: Officer Self-Help Program."** This training program is presented by current and retired law enforcement personnel that are experts and currently practicing in the field of professional counseling. Topics include:

- The signs and symptoms associated with PTSD
- The types of physical and/or emotional traumatic events that may trigger PTSD
- The importance of maintaining a healthy physical and emotional lifestyle
- How individuals begin to develop stress in the workplace that escalates into emotional issues
- How mental stress can affect individuals who are not even first responders
- How substance abuse can be a detrimental influence on a law enforcement officer's life
- The risk factors that contribute to higher incidents of mental illness and substance abuse
- The limitations of confidentiality in police department-sponsored Employee Assistance Programs (EAPs) vs. independent, unaffiliated therapists vs. peer support groups
- The current advancements in identifying and treating individuals with work-related stress, mental health issues, or PTSD-related traumatic events
- Resources that may be available to individuals both within and outside law enforcement

This course is intended for all law enforcement personnel (sworn and civilian), emergency services personnel, and their families, as it focuses on the stresses associated with the everyday duties of being a first responder and the physical and emotional struggles and issues during and after a critical incident. It is tailored to assist first responders and their families in recognizing the signs and symptoms associated with stress and emotional issues before they interfere with family life and professional careers. The instructors will present their personal stories as well as different ways to get physical and emotional assistance.

Email VISTALLC@VISTABLUETRAINING.COM to register

Vista Law Enforcement Training and Consulting, LLC is a Missouri Peace Officer Standards and Training (POST) approved provider for Continuing Law Enforcement Education (CLEE) training hours

"Professional Law Enforcement Training and Consulting"