



## **Vista Law Enforcement Training and Consulting, LLC**

**1550 Wall Street, Suite 16B, St. Charles, Missouri 63303**

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### **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 both current and retired law enforcement personnel, who are experts in the stressors associated with first responders and are currently Licensed Professional Counselors (LPCs). Topics include:

- The signs/symptoms of post-traumatic stress disorder (PTSD)/post-traumatic stress injury (PTSI)
- The types of physical and/or emotional traumatic events that may trigger PTSD and PTSI
- The importance of maintaining a healthy physical and psychological lifestyle
- How individuals begin to develop stress in the workplace that escalates into concerning behaviors
- How stress can affect individuals who are not even first responders (e.g., family, friends, etc.)
- How substance abuse can be a detrimental influence on first responder's life
- The risk factors that contribute to higher incidents of mental health disorders and substance abuse
- The limitations of confidentiality in agency-sponsored Employee Assistance Programs (EAPs) vs. independent, unaffiliated therapists vs. certified peer support groups
- The current advancements in identifying and treating individuals with work-related stress, psychological health issues, and PTSD/PTSI-related traumatic events
- Resources that may be available to individuals both within and outside first responder groups

This course is intended for all first responder personnel and their families. It focuses on the stressors associated with the everyday duties of being a first responder and the physical and psychological struggles during and after a critical incident. It is tailored to assist in recognizing the signs and symptoms associated with stress and psychological issues before they interfere with family life and professional careers.

**REGISTRATION:** <https://vistabluetraining.com/training-schedule>

**COURSE POST HOURS:** 2/3/5 Interpersonal Studies, 0/1/2 Legal Studies, \_\_ Skills Development,  
\_\_ Skills Firearms, 0/0/1 Technical Studies, \_\_ Racial, \_\_ Implicit Bias, \_\_ De-escalation

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

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**"Professional Law Enforcement Training and Consulting"**