

BUILT TO LAST

A Comprehensive Approach to 1st Responder Survival



This presentation provides the student with a comprehensive approach to first responder survival to include emotional, physical, spiritual, and relational health - the four "Dimensions of Resiliency." Students will be trained on developing awareness of stress and post-traumatic injury, how to address these injuries, and what resources are available to most effectively address these emotional health issues in order to achieve post-traumatic growth. The four (4) dimensions are discussed, as well as the respective techniques and practices of each that can be utilized to improve these areas of wellness and fitness.

Course Goals:

- To enhance the student's knowledge about the unique environment of stress and trauma exposure that encompass a 1st Responder's career and to demonstrate the overall health impact this has on the 1st Responder and his/her family.
- To Enlighten 1st Responders and/or significant others on the four (4) interrelated "Dimensions of Resiliency." (Physical, Emotional, Relational, and Spiritual)
- To equip students with the knowledge, techniques, and practices that can prepare and fortify them to proactively and intentionally address the negative effects of stress, and trauma exposure.
- To increase student's understanding of traumatic injury and its potential impact, to empower them to proactively identify PTSD and PTSD symptoms, and learn about various emotional health services that are available to effectively address the potential health issues.

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FOR 1ST RESPONDERS AND THEIR FAMIIES