

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

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Course Announcement

Emotional Survival– Dr. Kevin Gilmartin

May 6th, 2020

0830 hrs-1630 Hrs

Mattoon Training Center

3121 Dewitt

Mattoon, Il. 61938

Submit enrollment to:

Registration form at

www.mtu13.com,

boyer092@gmail.com

Or call 217-345-3344

Emotional Survival-

This presentation is designed to assist law enforcement professionals by the development of behavioral strategies to inoculate against loss of idealist and inappropriate behavior patterns. It will review the short and long term effect on law enforcement officers on both the personal and professional aspects of their lives. The course will discuss how the initial enthusiasm and desire to professionally contribute can be transformed into negative cynicism, social distrust and hostility to the world at large that significantly impacts the professionals work performance, decision-making and ultimately over-all quality of life. The course will also review the impact on the children of law enforcement families in terms of school functioning and health. The goal of the course is to have the law enforcement professional review the potential impact the career causes in the personal life and to develop strategies for overall emotional survival.

Topics discussed include:

Define the challenges inherent to a criminal justice career. Define the impact of those challenges. Establish concepts of “Locus of Control”; Internal vs. External. Vigilance. Establish “Over Investment” and “Under-Investment profiles”. Establish the differences between “Survivors” and “Victims”. The impact of “Non-Survivorship” of criminal Justice Integrity. Loyalty vs. Integrity, Burnout; causes and prevention strategies. Survivorship skill development. Development of Personal-Life Proactivity. The Physiological Dimension– “Doers Do, Victims Whine”. Alternative role investment as a survival strategy.

Observed Mandates Include:

Cultural Competency

Procedural Justice

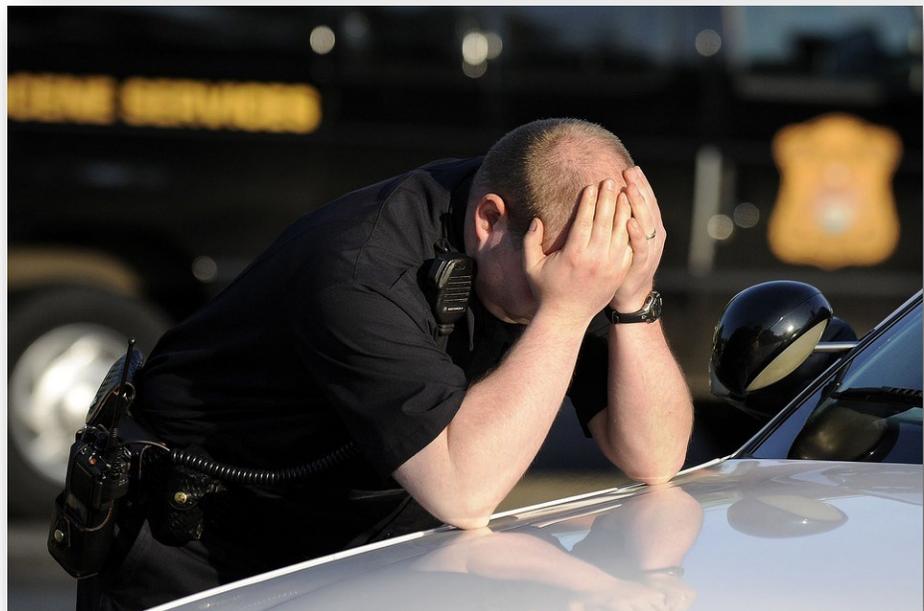
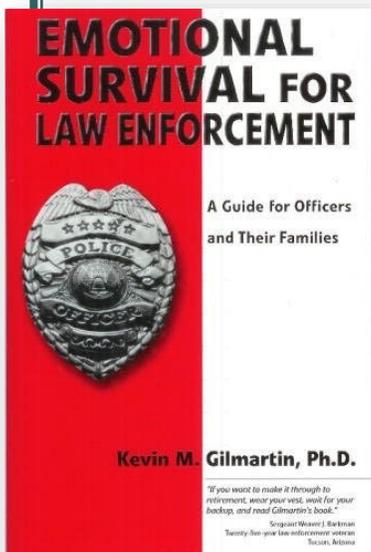
Who should attend?

Everybody should attend, **Patrol, Administration, Detectives, Corrections, Dispatch.** Did I miss a category, I apologize. Not only that, **Bring your Spouse.** Yes, this is bring your spouse to training day. Information in this class may just be helpful to your family as well. When you sign up, please let me know if a spouse is coming. If attendance dictates, we will move the class to a larger venue. Nobody gets turned away from this class. **Officers have said this is the best class they have ever taken!**

Dr. Gilmartin is a behavioral scientist specializing in law enforcement and public safety related issues. He is the author of the book *Emotional Survival for Law Enforcement: A Guide for Officers and Their Families*. He previously spent twenty years working in law enforcement in Tucson, Arizona. During his tenure he supervised the Hostage Negotiations Team and the behavioral Sciences Unit. He is a former recipient of the International Association of Chiefs of Police– Parade Magazine, National Police Officers Citation Award for contributions during hostage negotiations. He presently maintains a consulting relationship with public safety and law enforcement agencies in the U.S. Canada and Australia.



The Department of Justice, FBI, Royal Canadian Mounted Police, New South Wales Police and International Association of Chiefs of Police have published his work. He holds a doctoral degree in Clinical Psychology from the University of Arizona. He is a veteran of the U.S. Marine Corps and resides in Tucson, Arizona and Sunriver, Oregon.



This course is funded by the Illinois Law Enforcement Training and Standards Board.

Book Review

Book

Emotional Survival for Law Enforcement A Guide for Officers and Their Families

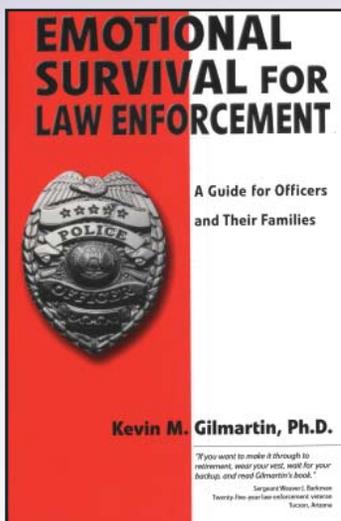
by Kevin M. Gilmartin, Ph.D.

Published by E-S Press, Tucson, Arizona, 2002

Reviewed by

Richard Hanzes

Department of Criminal Justice Training



Well written and easily read, Kevin Gilmartin's book, "Emotional Survival for Law Enforcement," is an excellent work designed to encourage officers to take charge of their lives in order to physically and emotionally survive a career in law enforcement.

Although in many ways officers are winning the battle of street survival, they appear to be losing the battle of emotional survival. Law enforcement agencies and police academies throughout the United States do a great job of teaching officers to survive tactically by teaching and training in the mechanics of police service.

However, little if any emphasis is placed on teaching officers how to avoid the other dangers they will ultimately face.

The book was written to help law enforcement officers overcome the internal assaults they will experience both personally and organizationally. These assaults can transform idealistic and committed officers into angry, cynical individuals leading to significant problems in both their personal and professional lives. Many officers, in fact, do survive emotionally and remain fully functional healthy individuals after 20 or 30 years of police work. "It is not good enough to hire good people, organizations and individuals must do what they can to – keep good people good."

Gilmartin describes the journey through law enforcement and how the idealistic rookie can develop into the cynical veteran, and how emotional changes lead to physical changes. He uses personal experiences and stories to relate the topics in a way that officers can readily see some of the same characteristics in themselves. He explores the psychological changes in law enforcement personnel that can be caused by exposure to tragic, negative and violent events.

He goes on to describe the term hypervigilance as, "the necessary manner of viewing the world from a threat-based perspective, having the mindset to see events unfolding as potentially hazardous." Hypervigilance permits the on-duty officer to develop a subjective state of increased alertness/awareness of his/her surroundings required for maximum officer safety.

Concerns develop when the ride on the Hypervigilance Biological Rollercoaster begins. On-duty the officer is "alert, alive, energetic, quick-thinking, involved and humorous," while off-duty the officer is "tired, isolated, detached, apathetic and angry."

If law enforcement officers are to survive emotionally, they must look at both their on-duty and off-duty life styles and take charge of the events in their lives that they can control. Gilmartin identifies three things that officers control while on duty: their integrity, their professionalism, and how well they do the job assigned. In order to become an emotional survivor, proactive goal setting, exercise, and developing and nurturing other roles in life besides the hypervigilant police role should enable officers to manage their lifestyle more effectively.

Reading this book will help officers and their families to complete the difficult journey through a career in law enforcement with their relationships, families and positive professional attitude intact, and will aid in keeping good people good.