SURVIVING THE EFFECTS OF TRAUMATIC EVENTS: IDENTIFYING PROBLEM BEHAVIORS AND DEVELOPING HEALTHY COPING AND SUPPORT

INSTRUCTORS: Adam Pasciak (Sergeant, Redford Police Department, Retired) Adam served twenty years in a variety of assignments including patrol, command, narcotics and major crimes investigations. He was the recipient of the Redford Police Department's Purple Heart for injuries he sustained during a shooting in the line of duty. He is currently a licensed psychologist dedicated to treating first responders and other individuals who have experienced trauma. He is the author of the book; *Jones’ After the Smoke Clears: Surviving the Police Shooting - An Analysis of the Post Officer Involved Shooting Trauma, 2nd Edition.*

COURSE DESCRIPTION: This course will enable participants to identify aspects of traumatic incidents that can cause problems in their personal and professional lives. It will also identify peer and departmental reactions and gain a better understanding of what those behaviors mean. Finally, this course will help develop healthy coping strategies to survive a career in law enforcement.

TOPICS:
- Aspects of trauma
- What causes these aspects to remain unresolved
- Dealing with physical and psychological changes following a traumatic incident
- Struggles with the after effects of trauma
- Exploring the departmental response to officers who develop PTSD
- Treatments for trauma
- Finding a good therapist
- Developing a healthy support network
- Asking for help
- Recognizing others in need
- Finding Effective support

DATE: February 25, 2021
TIME: 8:00 am - 4:30 pm
COST: $50.00
LOCATION: Oakland Police Academy
Oakland Community College
2900 Featherstone Road
Auburn Hills, MI 48326-2845
Phone: 248.232.4220
Fax: 248.232.4225

REGISTRATION: policetraining@oaklandcc.edu

– 302 Funds Eligible –

CANCELLATION POLICY: Class reservations may be cancelled up to 7 calendar days prior to the first day of class with a 100% refund, less than 7 days, but prior to the first day of class with a 50% refund, on the first day of class with a 0% refund. All “no shows” will be charged full price. Please include the registered person's name, course name and date, your signature and date. Students are responsible for amounts not covered by third party sponsors or departments unwilling to satisfy the invoice.