



POST-CERTIFIED  
**BEYOND SURVIVING:  
FROM TRAUMATIC STRESS TO WELLNESS**

## REGISTRATION OPEN

**INVITED:** California State and Municipal Law Enforcement Officers (limited to PC 830.1)

**DATE(S):** Friday, February 28 (first training) and Wednesday, March 18 (optional 2<sup>nd</sup> day Train the Trainer event)

**LOCATION:** Sheriff's ICP Building, San Diego County Operations Center (5590 Overland Ave.)

**TIME:** 8 a.m. – 4 p.m. (Registration 7:30 – 8 a.m.)

**COST:** Free (First come, first served)

**REGISTRATION:** Please register using the following link: <https://conta.cc/2EI28Yd>

FIRST WELLNESS CLASS LIMITED TO 50.

SECOND "TRAIN THE TRAINER" CLASS LIMITED TO 25.

**QUESTIONS:** Please contact Dr. Morgan Shaw at [MorganS@IVATcenters.org](mailto:MorganS@IVATcenters.org) or (858) 771-6967

### DESCRIPTION:

**Beyond Surviving: From Traumatic Stress to Wellness** is a training focusing on an officer's overall wellness, notably after dealing with incident responses, organizational stress, and community confrontations. The long-term goals of this course:

- To help officers take a proactive approach to recognizing and reducing stigma around dealing with stress
- To increase officer safety and wellness, while reducing officer and agency exposure to liability
- To promote trauma-informed wellness programs within the agencies

The curriculum covers the impact of both direct and secondary trauma on law enforcement from the mind, body, spirit and social perspective. It will cover a range of interventions and programs that target and manage the impact on individual, peer, organizational, and systemic levels. The curriculum is supplemented, through Legacy Productions' "**Keeping The Peace**" film, with direct messages from key law enforcement commanding officers and chiefs throughout the state, as well as real-life video clips of peer officers providing insightful experiences and impressions. It is conducted by a multidisciplinary team of law enforcement and mental health professionals.

### TWO TRAININGS:

A **one-day training course (February 28)** is open to California State & Municipal Law Enforcement officers in order to strengthen wellness from an individual and agency perspective. A follow-up **second full-day "Train-the-Trainer" course (March 18)** is offered for up to 25 individuals who attended the first day and want to learn how to provide the curriculum themselves within their respective agencies. This pilot training will be offered throughout the state of California in 2020.

