Course Title: Critical Incidents: Preparation, Coping & Succeeding (050217)

Contact Phone: 660-543-4090 or 800-801-3588

Contact Email: chaffee@ucmo.edu

Date(s): May 2 & 3, 2017

Time: 8:00 AM – 5:00 PM

Location:
UCM Summit Center
850 Chipman Rd., Door 54, Room 149
Lee’s Summit, MO 64063
(816) 347-1612 – For directions only.

Course Description: The course enables officers, at any level, to better assess their own mental/emotional well-being, as well as helping other officers who may be struggling with the stress and stressors of the profession.

Officers will learn why training is needed, the types of stress law enforcement generates, and the difference between “stress” and “critical incident stress”. What is stress to one is a critical incident for another, and the status of stressors change throughout an officer’s career. Students will learn three phases of traumatic event reactions, and the effects of critical incidents.

Coping will be addressed, including categories, strategies, and healthy mechanisms. Assisting other officers who are in crisis is also an important part of the focus.

Given the increased targeting of officers politically, legally, and violently, the need to help yourself and others may never be greater. This course can help to preserve the mental, emotional and physical health of officers, and in turn, to preserve their family lives and careers.

POST CREDIT: This is a P.O.S.T. certified training course providing 16 Hours of Interpersonal Perspectives Credit, including 16 hrs. of Officer Well-Being; Mental Health Awareness

FEES: Tuition is $169.00. Full payment is required before start of class. Participants can pay via credit card (MasterCard, VISA, Discover and American Express), check made payable to the Missouri Safety Center or purchase order number (you will receive an invoice). Refunds (minus a $15.00 cancellation fee per person) will only be issued if cancellation notice is given at least two weeks prior to your class date.

Please contact Donna Chaffee 660-543-4090 or 800-801-3588 for more information or to cancel your enrollment.