

Law enforcement and other first responder occupations are inherently stressful, often linked to high rates of mental health issues that far surpass those of the general population. Studies have identified RESILIENCE as a teachable skillset that few are taught, but everyone needs, particularly when dealing with times of change and adversity. Resilience training is proactive and gives officers skills in advance of adversity, which can mitigate various mental health issues that can result from personal, operational and organizational adversity and trauma.

This training course will provide a review of MENTAL, EMOTIONAL, SPIRITUAL AND PHYSICAL RESILIENCE TOOLS. The training is interactive and includes multiple exercises to allow participants to explore tools structured to increase resilience skills across all 4 domains. The training aims to have an impact in terms of making participants get acquainted with the concept of resilience, delivering the main message that this is a skill that can be learnt, and that they ultimately have control over how to deal with adversity in both personal and professional situations.

Organizations wishing to measure the impact of the training on their officers, can additionally add a research component, that includes pre-training wellness measures, as well as post-training wellness measures.

Training is available as ½ day – 5 day training courses, in-person or online.

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<p>MENTAL RESILIENCE</p> <ul style="list-style-type: none"> • Tools for mental regulation • Reframing of perception & interpretation of situations of adversity • Increase in methods for flexible thinking • Mastering control over our thinking  <p><i>If you change the way you look at things The things you look at change</i></p>	<p>EMOTIONAL RESILIENCE</p> <ul style="list-style-type: none"> • Tools for emotional regulation • Tools for proactively building positive emotion to mediate impact of adversity • Increasing emotional intelligence and communication skills • Mastering control over our emotional reactions  <p><i>Between stimulus & response there is a space In that space is our power to change our response. In our response lies our growth & our freedom</i></p>	<p>SPIRITUAL RESILIENCE</p> <ul style="list-style-type: none"> • Tools for energy management and engagement • Identifying & leverage strengths • Finding one's meaning & purpose • Increase methods for turning stress into a life of flourishing • Mastering and uncovering methods for higher levels of engagement and connection with work, personal life and people  <p><i>He who has a WHY can live through almost any HOW</i></p>	<p>PHYSICAL RESILIENCE</p> <ul style="list-style-type: none"> • Tools for physical regulation • Tools to regulate stress response • Tools focusing on breathing, sleep, exercise, nutrition, meditation & mindfulness • Mastering tools to increase body-mind connection to increase both physical and mental wellbeing 
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