



# IMPACT OF TRAUMA ON LAW ENFORCEMENT

IN PARTNERSHIP WITH THE RIVERSIDE COUNTY SHERIFF'S DEPARTMENT

## GOAL

This course is designed to provide law enforcement personnel (both sworn and professional staff) insight and awareness into the potential cost of working in public safety with the goal of increasing emotional wellness and preventing mental health issues.

Topics will include, but are not limited to: the various types of stress, burnout, anger and the anger-stress connection, the psychological and physiological impact of trauma, vicarious trauma/compassion fatigue, relationship health, police complex spiral trauma and post-traumatic stress/injury, public safety suicides, substance abuse and healthy coping strategies to increase resilience.

## PRESENTER

### **Dr. Heather Williams, Premier First Responder Psychological Services**

The class will be presented by Dr. Heather Williams. Dr. Williams was formally the Regional Peer Support Coordinator of the Orange County Sheriff's Department. She coordinated the OCSO Peer Support Team, responded to critical incidents and facilitates a modified critical incident debriefing model countywide.

In the aftermath of an active shooter event in Seal Beach, CA she co-founded the Orange County Association of Peer Supporters (OCAPS), which functions as peer support mutual aid.

## WAYS TO REGISTER

1. Visit: [www.EmbassyConsultingServices.com/register](http://www.EmbassyConsultingServices.com/register)
  - a. Under the list of upcoming classes, click on Impact of Trauma on Law Enforcement, Tuesday, April 28, 2020, complete the booking form and online payment information
  - b. Send an email to [jillian@embassy.com](mailto:jillian@embassy.com) or call 714-292-3321 to register and request to be invoiced or to pay by credit card

### - DATE -

Tuesday, April 28, 2020

### - TIME -

8:00 am to 5:00 pm

### - LOCATION -

Ben Clark Training Center  
Modular Classroom #31  
20848 11<sup>th</sup> Street  
Riverside, CA 92518

### - TUITION -

\$125.00

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