



VISIONS OF COURAGE WITH DR. BOBBY SMITH

Date: Tuesday, April 26th, 2016

Location: New Life Church, 15711 152nd Avenue SE, Renton

Time: 0800 – 1630

Cost: Free for CSPA/\$50 for non-CSPA; lunch provided

Bobby Smith, a retired Louisiana State Trooper, is a recognized national/international speaker who has addressed a variety of audiences, including law enforcement, government agencies, emergency medical teams, corporations, schools and churches. He also conducts training seminars and conferences.

After being shot and blinded in the line of duty, Bobby Smith worked hard to receive his Ph.D. in Counseling Psychology so he could share his hard earned lessons with everyone, in all walks of life. Whether they are a trooper fresh out of training or veteran cops who have heard it all or an EMT who has seen too much, Bobby's stores and life lessons will change your life. Learning to balance an emotional and time consuming career with a happy family life is incredibly difficult at the best of times.

He is the author of three books, *Visions of Courage: The Bobby Smith Story*, *The Will to Survive*, and his latest book, *What's In Your Heart Comes Out Your Mouth*, published in April 2013. Each year he averages 120 speaking engagements, impacting audiences' lives with his story. In fact, since 1995 it has been his privilege to speak to over a million people worldwide. In his trauma seminars, Bobby Smith discusses critical incident issues and how trauma affects the individual mentally, physically, emotionally, and behaviorally. Specific topics to be discussed include:

- Police Personalities
- Police Officer Areas of Stressors
- What is a Critical Incident?
- After-shock
- The Five Levels of Anxiety
- Post Traumatic Stress Disorder
- The Grieving Process and Stages of Death or Losses

HEALTH AND FITNESS ON THE JOB and PREVENTING INJURIES

Also joining us is Chief Criminal Deputy Ryan Spurling, who currently serves as Chief Criminal Deputy for the Mason County Sheriff's Office. Ryan is retired from the Washington State Patrol after serving 25 years. He was a Corporal/Academy instructor for his last 14 years teaching Use of Force, Tactical Communications, Fitness, Control Tactics, History, and many other classes. Ryan retired from the U.S. Army reserves in 2005 with 4 years active duty in the Marine Corps and 17 years in the Army reserves. He also was activated for the war and served as an Acting Command Sergeants Major at Ft. Lewis during Operation Iraqi Freedom in 2003.

Ryan has been a certified Personal Trainer since 2000 (Cooper Aerobics Research Institute & 2008-National Academy of Sports Medicine). He has certifications in Corrective Exercise Specialist (NASM), Biomechanics of resistance training (CARI) Master fitness (US Army) Master Fitness Instructor Certification (WSP), Kettlebell fitness, (Tactical Athlete, Blue Collar Fitness, and Dragon door) & Advanced Concepts of Motor Programing (CJTC).

Please send name, agency, e-mail and phone number to Chief Kiblinger, jkiblinger@ci.blackdiamond.wa.us. Payment can be made to the C.S.P.A. at PO BOX 309, 25510 Lawson ST, Black Diamond, WA 98010. Register by April 12th, 2016.