Overview:
This training is designed to heighten awareness and provide viable coping skills surrounding the psychological, physical and behavioral effects from stress for law enforcement personnel.

The law enforcement suicide rate, divorce and heart attacks are at an all-time high.

Law enforcement personnel will gain new insight into the origins of anxiety and stress, evaluate healthy versus unhealthy coping patterns to such a process and consider how “core beliefs” affect those who may experience negative effects from stress. This seminar will penetrate the stigma dynamic and will assist others in “normalizing” such behavioral and psychological reactions.

Workshop Agenda:

- What is Anxiety?
- Recovery from Anxiety Responses
- Post-Traumatic Stress – Signs and Symptoms

SIGNS AND EFFECTS OF STRESS
- Physiological Signs & Effects from Stress
- Fight or Flight Response
- Psychological Effects from Stress
- Behavioral Effects from Stress
- Benefits of Relaxation and Self Talk
- Mistaken Beliefs
- Cultivation of Resiliency Skills
- Stress Symptom Checklist

LAW ENFORCEMENT SUICIDE PREVENTION/INTERVENTION
- Prevention/Intervention
- Suicidal Behavior Along a Continuum
- Suicide Threat Assessment
- Assessing Suicidal Level of Intent
- Assessing Suicide Potentiality
- Actions to Avoid in Suicide Intervention
- Suicide Intervention Steps

CONFLICT RESOLUTION
- Operational Definitions of Conflict
- Skills to Reduce Conflict
- Enhancing Listening Skills
- Bad Listener/Good Listener

Instructor: Dr. Robert J. Cipriano Jr.

Dr. Robert J. Cipriano Jr. is a Florida Licensed Clinical Psychologist and is Board Certified in Police and Public Safety Psychology.

Dr. Cipriano has been working in the behavioral health field for 24 years. He has been licensed as a psychologist for 16 years and has worked within the correctional, law enforcement, juvenile justice and state & community mental health arenas. He has trained numerous public safety professionals within the domains of trauma and violence.

For more than a decade, Dr. Cipriano worked for the Miami-Dade Police Department as a police psychologist, and brings with him a background in crisis negotiations, police psychology and behavioral health for public safety and military personnel.