

## Law Enforcement Perspectives for CISM Enhancement

The Law Enforcement Perspectives for CISM Enhancement provides a dynamic system perspective that examines an individual law enforcement officer with the psychological and emotional pressures of the “Blue Culture.” This interactive program will be an in-depth exploration of what is behind the “Blue Wall of Silence.” The course’s emphasis will provide insight and understanding as to the stresses and pressures inherited in law enforcement. These topics will enhance participants with crisis intervention techniques and needed support to law enforcement officers and organizations. This training has been designed for law enforcement officers and their families, CISM team members serving law enforcement agencies, EAP, Human Resources and mental health professionals who interact with the law enforcement community.

### Learning Objectives:

1. To increase awareness of key terms and concepts relevant to the practice of crisis intervention with law enforcement personnel
2. List 3 important stressors in a law enforcement officers lifestyle
3. List 3 important factors in listening for suicide indicators
4. To understand the nature and importance of incident assessment and strategic intervention planning
5. To understand the nature of the “resistance, resilience, recovery” continuum and the role of the integrated, multi-component Critical Incident Stress Management system (CISM).

**General Continuing Education Credits:** *14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 16.8 Nursing Hours; OR 1.4 general CEUs from University of Maryland Baltimore County*

### Daily Agenda:

Day One: 8:30 a.m. – 4:30 p.m

- History of Law Enforcement
- Organizational Structure of Law Enforcement Departments
- Roles of Police and Corrections in Society
- Understanding the Blue Culture
- Functional Dysfunctionalism-A Systems Perspective of Law Enforcement Survival
  - - Individual Dysfunctionalism
  - - Family Dysfunctionalism
  - - Departmental Dysfunctionalism
  - - Community Dysfunctionalism

Day Two: 8:30 a.m.-4:30 p.m.

- Stress in Law Enforcement
  - - Internal and External
  - - Cumulative Career Stress
  - - CIS - Individuals and Groups

- - Department Stress
  - - Family Stress
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- Suicide in Law Enforcement - the Taboo Topic

### **Learning Materials:**

The instructor will supply a workbook and handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

### **Assignments:**

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

### **Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.