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# Training Conference

March 12-14, 2019

## Gatlinburg, Tennessee

Course Name	Seminar ID #	Start	End	Fee
Search Warrant Major Case Investigation	16013	Mar 12	Mar 13	\$325
Homicide and Questioned Death Scene	16011	Mar 12	Mar 14	\$350
Officer Involved Shooting-3 Day	16009	Mar 12	Mar 14	\$350
First Line Supervision: Leadership and Management Skills	16010	Mar 12	Mar 14	\$350
Practical Kinesic Interview, Phase I	16012	Mar 12	Mar 14	\$350

### ~ 2 WAYS TO REGISTER ~

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Public Agency Training Council

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March 21 & 22, 2019 • Columbus, Ohio

# Public Agency Training Council

Mark Waterfill, President



National Criminal Justice

Public Safety Continuing Education

Sponsored By:

**Columbus Police Department**

Columbus, Ohio

Training Seminar

# Stress Management in Law Enforcement

Instructor:

**Lisa E. Grossman, Ph.D., ATC, BCB**

Lisa Grossman is an expert in peak performance training and mental skills development with extensive experience working with military and law enforcement agencies, healthcare providers, combat/wounded veterans, corporate executives, and professional athletes.

In addition to providing training and consulting services through private practice in Jacksonville FL, Dr. Grossman serves as an adjunct faculty member at St. Johns River State College's Criminal Justice Academy. As an instructor, she teaches FDLE advanced courses in Stress Management and Responding to Veterans to law enforcement officers from around the state as well as oversees the health and wellness curriculum development and instructor certification.

She has served as the Peak Performance Center Director at Wounded Warrior Project's TRACK Program where she provided mental skills training to wounded veterans transitioning into civilian life while combatting PTSD, TBI, and other injuries sustained. Over the years, she has offered her knowledge and expertise in biofeedback training to develop educational and training protocols for the US Army's Center for Enhanced Performance as well as for a biofeedback company where she is currently serving as the Clinical Program Director. Lisa Grossman was awarded a Doctoral Degree in Educational Psychology from Florida State University where she specialized in Performance Psychology, is a Board Certified Athletic Trainer with the National Athletic Trainers' Association, and is Board Certified in Biofeedback by the Biofeedback Certification International Alliance.

Dr. Grossman's work targets the core of self-awareness and self-regulation, helping each client develop and enhance themselves in order to perform optimally in any environment, despite any challenges they may face.

**March 21 & 22, 2019**

Columbus, Ohio

Register On-Line At: [www.patc.com](http://www.patc.com)

# Stress Management in Law Enforcement

## Course Objectives:

The Stress Management in Law Enforcement class provides police officers the education, training, and tools necessary to achieve optimal performance and sustain it for a safe, long and healthy career. Participants will gain an understanding of WHAT stress is and will be introduced to the stress-performance relationship and its impact on one’s physiological, mental, and emotional state. Further, training will provide police officers a greater insight into how stress immediately impacts cognitive function (especially during critical incidents) such as the decision-making process and level of attention, both critical components of law enforcement.

Through the knowledge gained in the class and applied biofeedback training, officers will gain new skills to regulate the stress response on command. In addition, police officers will complete a Stress Management Continued Care Plan which can help participants gain a range of benefits impacted by stress such as lower resting heart and blood pressure, decreased muscle tension, improved immune function and ability to fight illness, improved cognitive function (i.e. faster and more accurate decision making skills, improved analytical processing, and improved memory), improved emotional state and a reduction in cumulative PTSD, decreased frustration/anger and overall improved wellness. Officers completing the course will gain immediate take-aways for improved sleep, work-life balance, and more critically, enhanced function for a safe and long career in law enforcement.

Upon course completion, police officers will be able to:

- Focus and concentrate with sharpness amongst distractions
- Learn to achieve an optimal state of activation depending on the situation
- Realize a heightened level of self-awareness
- Self-Regulate more effectively and efficiently in order to achieve maximum performance and sustain it
- Be more resilient in high stress, high pressure situations, over longer periods of time
- Make better instinctive and intuitive decisions
- Learn to regulate stress on command and decrease the potential for “reacting” and rely more on “acting” (i.e. shoot/don’t shoot)
- Enhance their overall physical, mental and emotional wellness
- Sleep with more ease and achieve a better work-life balance
- Reduce the effects of cumulative PTSD

## Seminar Agenda Stress Management in Law Enforcement March 21 & 22, 2019 • Columbus, Ohio

### Thursday, March 21, 2019

8:00 a.m.—8:30 a.m.

#### Registration

8:30 a.m.—10:30 a.m.

#### Orientation to Stress Management

- Introduction to stress management
- The impact of stress on the brain and body
- Cognitive changes due to stress
- Stress and critical response

10:30 a.m.—12:00 p.m.

#### Assessments

- Stress profile
- Stress and burnout
- Perceived stress
- Stress scale
- Personality and stress

12:00 p.m.—1:00 p.m.

#### Lunch (On Your Own)

1:00 p.m.—5:00 p.m.

#### Personal Stress Management Techniques

- Self-awareness and self-regulation
- Introduction to coherence breathing for immediate shutdown and achieving peak performance in critical incident
- Mental skills training for high stress (adaptive thinking techniques, combating cumulative PTSD, and imagery for performance enhancement)

### Friday, March 22, 2019

8:00 a.m.—11:00 a.m.

#### Role of Nutrition

- Nutrition self-assessment and meal plan to combat stress
- Nutrition, my pyramid, food that counteract stress

11:00 a.m.—12:00 p.m.

#### Physical Fitness in Managing Stress

- Mind-body connection
- Effects of PT on the mind and body
- Using stretching to release "good" chemicals,
- General health & cardiovascular health for LEOs,
- PT assessment and activities

12:00 p.m.—1:00 p.m.

#### Lunch (On Your Own)

1:00 p.m.—4:00 p.m.

#### Stress Relief Techniques

- Mindfulness training,
- Progressive muscle relaxation,
- Biofeedback training (in-class demonstration and activities),
- Guided imagery assessment and developing scripts for mental rehearsal/simulation/ preparation
- Case study and critical incident case review

4:00 p.m.—5:00 p.m.

#### Stress Management Continued Care Plan

5:00 p.m.

#### Certificate Presentation

Cut Along Dotted Line

## 3 Ways to Register for a Seminar!

1. **Register Online** at [www.patc.com](http://www.patc.com) — Yellow link upper left corner
2. **Fax Form** to Public Agency Training Council **FAX: 1-317-821-5096**
3. **Mail Form** to

Public Agency Training Council  
5235 Decatur Blvd  
Indianapolis, Indiana 46241

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**Federal ID# 47-4078912**

**\*NEW**

**\*\*\* Pre-payment is not required to register \*\*\***

Upon receiving your registration we will send an invoice to the department or agency .

Checks, Claim Forms, Purchase Orders should be made payable to:

**Public Agency Training Council**

If you have any questions please call

**317-821-5085 (Indianapolis)**

**800-365-0119 (Outside Indianapolis)**



<b>Seminar Title:</b>	<b>Stress Management in Law Enforcement</b>	<b>Seminar ID #16145</b>
<b>Instructor:</b>	<b>Lisa Grossman</b>	
<b>Seminar Location:</b>	<b>Columbus, Ohio Division of Police Training Academy</b> 1000 North Hague Avenue Columbus, Ohio 43204-2121	
<b>When:</b>	March 21 & 22, 2019	<b>Note:</b> To receive discount room rates, identify yourself with <b>Columbus Police Training</b>
<b>Registration Time:</b>	8:00 A.M. (March 21, 2019)	
<b>Hotel Reservations:</b>	<b>Drury Inn</b> 88 East Nationwide Blvd Columbus, Ohio 43215 1-614-221-7008 \$88.00 Single or Double (plus tax)	
<b>Registration Fee:</b>	\$295.00 Includes Stress Management in Law Enforcement Course Material, Coffee Breaks, and Certificate of Completion.	

**Names of Attendees** 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Agency** \_\_\_\_\_

**Invoice To Attn:** \_\_\_\_\_  
(Must Be Completed)

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_

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