Law enforcement and other first responder occupations are inherently stressful, often linked to high rates of mental health issues that far surpass those of the general population. Studies have identified RESILIENCE as a teachable skillset that few are taught, but everyone needs, particularly when dealing with times of change and adversity. Resilience training is proactive and gives officers skills in advance of adversity, which can mitigate various mental health issues that can result from personal, operational and organizational adversity and trauma.

This training course will provide a review of MENTAL, EMOTIONAL, SPIRITUAL AND PHYSICAL RESILIENCE TOOLS. The training is interactive and includes multiple exercises to allow participants to explore tools structured to increase resilience skills across all 4 domains. The training aims to have an impact in terms of making participants get acquainted with the concept of resilience, delivering the main message that this is a skill that can be learnt, and that they ultimately have control over how to deal with adversity in both personal and professional situations.

Organizations wishing to measure the impact of the training on their officers, can additionally add a research component, that includes pre-training wellness measures, as well as post-training wellness measures.

Training is available as ½ day – 5 day training courses, in-person or online.

**Dr. C. Gabrielle Salfati, M.Sc., Ph.D., F.IA-IP, CAPP**  
Professor of Psychology  
Director of the Investigative Psychology Research Unit (IPRU)  
John Jay College of Criminal Justice, City University of New York

For more information  
www.jjay.cuny.edu/IPRU/professional-training  
IP_info@jjay.cuny.edu