

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION
Mobile Team ASSIST #14

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MANDATES: 1 Hr. Crisis Intervention, 3.5 Hrs. Officer Wellness and Mental Health, & 3.5 Hrs. Procedural Justice

P R E S E N T S

***8 HOUR EMOTIONAL
SURVIVAL FOR LAW
ENFORCEMENT***

MONDAY, APRIL 1, 2024 – 8 AM/5 PM

SWIC Police Academy Room, 2300 West Main St., Belleville, IL. 62226

WHO: Dr. Kevin Gilmartin.

TO REGISTER: Visit our website www.silec.org. **Limit 50.**

This seminar, by Dr. Kevin Gilmartin, addresses the causes and interventions for emotional issues that first responders and their families face. Additionally, he will discuss strategies to reduce the impact of stress, cynicism, relationship failures, supervision issues, over-aggressiveness, situational values, hypervigilance and PTSD. This course provides law enforcement officers and their families the opportunity to review the dynamics that can transform, within a few years, motivated law enforcement officers into negative, cynical and angry individuals who begin having significant difficulties in both the professional and personal aspects of their lives. This course also deals with the issues that create law enforcement officers that see themselves as "victims" and begin rationalizing behavior that they previously would have considered inappropriate. The course also deals with the communication challenges that doom many law enforcement relationships and marriages to failure.

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair, and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.