



TWO - DAY BASIC PEER SUPPORT TRAINING FOR PUBLIC SAFETY PERSONNEL

IN PARTNERSHIP WITH THE CARLSBAD POLICE DEPARTMENT

OVERVIEW

This course is designed to provide public safety peer support team members the basic knowledge and skills necessary to provide support, guidance and resources to their peers during difficult times in their personal and professional lives.

Topics will include:

- Stress, Burnout and Anger
- Traumas of public safety
- Trauma listening
- Crisis intervention
- Relationship stress and Infidelity
- Death and traumatic loss
- Mental health issues such as depression, anxiety & PTSD
- Line of duty deaths
- Public safety suicide
- Organizational stress & toxic personalities
- Substance abuse
- Building resiliency in members of peer support

PRESENTER

**Dr. Heather Williams, Regional Peer Support Coordinator
Orange County Sheriff's Department**

The class will be presented by Dr. Heather Williams. As the Regional Peer Support Coordinator of the Orange County Sheriff's Department, Heather coordinates the OCSD Peer Support Team, responds to critical incidents and facilitates a modified critical incident debriefing model countywide. In the aftermath of an active shooter event in Seal Beach, CA she co-founded the Orange County Association of Peer Supporters (OCAPS), which functions as peer support mutual aid. Using experience and humor, Heather will help public safety personnel understand the role of a peer support team member and give insight into how to respond to difficult situations.

WAYS TO REGISTER

1. Visit: www.EmbassyConsultingServices.com/register
 - a. Under the list of upcoming classes, click on Two-Day Basic Peer Support Training for Public Safety Personnel, January 6th & 7th, 2020
 - b. Complete Booking Form and online payment information through PayPal
 - c. Send an email to jillian@embassycs.com or call 714-292-3321 to register and request to be invoiced or to pay by credit card

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- DATE -

Monday, January 6, 2020
&
Tuesday, January 7, 2020

- TIME -

8:00 am to 5:00 pm

- LOCATION -

Carlsbad Safety Training Center
5750 Orion St.
Carlsbad, CA 92010

- TUITION -

\$175.00

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