

**Behind the Badge; Tactics for Psychological Survival in Law Enforcement**  
**Columbia, South Carolina**  
**July 19, 2014**

**Presenters:** Jim Sewell, PhD ; Tim Rutledge

**Course Schedule**

8:00 am – 9:00 am	Introduction Stress In General
9:00 am – 10:00 am	Stress in Law Enforcement
10:00 am – 10:15 am	Break
10:15 am – 11:30 am	Dealing with Those In Harm’s Way Current Practices
11:30am – 12:30 pm	Lunch-
12:30 pm – 2:00 pm	The Leadership Challenge Change the Organizational Climate Prepare Leaders Train Personnel and Families
2:00 pm – 2:15 pm	Break
2:15 pm – 3:45 pm	The Leadership Challenge Communicate Screen, Select and Retain the Most Qualified Personnel Institute a Stress Management Program
3:45 pm – 5:00 pm	The Leadership Challenge Develop a Crisis Intervention Program Assure Suicide Procedures are in Place

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## **Course Objectives:**

At the conclusion of this session, the student will be able to:

- Define stress
- Identify the three types of negative manifestations of police stress
- Identify four general sources of stress in law enforcement
- Discuss the impact of stigma on the reporting of emotional issues
- Discuss common myths and facts about law enforcement suicide
- Identify five situational warning signs of police suicide
- Identify five behavioral warning signs of police suicide
- Identify five verbal warning signs of police suicide
- Identify the components of a comprehensive program of stress management within a law enforcement agency
- Discuss five positive and five negative stress relievers
- Discuss the major components of effective policies and protocols regarding police suicide
- Identify five resources available to assist in the development of policies, protocols, and practices