



S.T.A.R.T.

Strategic Trauma and Resiliency Tactics

Training Topics:

- Police culture, stigma and peer solidarity
- Untreated trauma, decision making and police suicide
- Critical incidents, cumulative trauma, post-traumatic stress
- Mindfulness, treatment, self-care, rebuilding resilience
- Finding purpose after loss, post-traumatic growth

**CA P.O.S.T. Certified Plan V | NO COST
for CA Law Enforcement Agencies**

“Science of Wellness”

P.O.S.T. CCN# 1439-21764-20

**Attend the course & get
8 hours FREE CPT credit**



Who Should Attend:

Police Officers
Deputy Sheriffs
Supervisors
Mid-Managers

Police Chiefs
Command Staff
Correctional Officers
Dispatchers

Nick Wilson was a police officer for 13 years in Southern California before medically retiring due to injuries sustained on the job. He was a SWAT Team Operator, Field Training Officer, led many long-term investigations as a detective in the Special Investigations Unit, and worked in task force environments with the Department of Homeland Security investigating terrorism activities.

Due to excessive exposure to trauma, Nick found himself with a PTSI diagnosis which led to self-medicating to sleep, a DUI, a trauma retreat and rehabilitation.

Nick founded a non-profit which supports first responder mental health and speaks around the country in an effort to end silent suffering and stigmas which have plagued the law enforcement community, resulting in more law enforcement deaths by suicide than in the line of duty over the last 4 years.

“Resilience is the capacity to recover quickly from difficult situations and adversity. Members of the police profession historically have suffered high rates of divorce, depression, alcoholism, self-medicating, and suicide. Resiliency is grown and strengthened through specific strategies and tactics consciously and unconsciously applied. Students will learn these strategies, tactics, and how the impacts of stress and trauma effect the mind and body via classroom presentation, group breakout sessions, peer to peer activities, and individual exercises. Students will learn strategies and tactics for coping with stress and cumulative trauma which promote wellness approaches, mindfulness, best practices, and improved mental and physical health outcomes while building resiliency into their personal and professional lives.”



Rebuild Resilience

Strategies which promote holistic wellness approaches, mindfulness best practices, improved mental health outcomes and rebuilding resiliency into their personal and professional lives.

For information or to schedule a class contact:

 Nick@resilientconsulting.org

 NJWresilientconsulting.org



**CLICK HERE TO REGISTER
FOR UPCOMING CLASSES**

