



# WESTERN ILLINOIS POLICE TRAINING UNIT

Mobile Team Unit 6 Illinois Law Enforcement Training & Standards Board

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*Kenneth German, Director*

## Police Stress: Walking the Thin Blue Line

**DATE:** Thursday, September 9, 2010

**TIME:** 8:30 a.m.—4:30 p.m.

**LOCATION:** Canton Park District, 250 South Avenue D, Canton IL 61520

**INSTRUCTOR:** Gail Sullivan

**COURSE OBJECTIVE:** Being a police officer requires that cops have specific skills in order to maintain positive and healthy attitudes within their professional and personal lives. The social images of law enforcement officers, the police culture and the media conspire to portray a negative image of police officers. These pressures take their toll. The effects upon officers are seen in the increased alcoholism, suicide, divorce and domestic battery rate. The modern law enforcement professional needs to learn to modulate his/her stress in order to maintain the balance required for a long, productive and successful career in law enforcement.

**COURSE CONTENT:** The goal of this course is to train law enforcement officers in self care and in positive image production. In order to achieve this goal, focus will be specifically placed upon: \* Why cops are different from other people \*Stress and the police family \*Negative effects of stress on the body \*Unique stress factors of law enforcement \*Coping with the cop lifestyle \*Addressing the myth of infallible image \*Cognitive strategies of stress reduction \*Police stress in a post 911 world \*Alcoholism, Divorce, Suicide \*Humor as a tool of stress reduction

**LEARNING OBJECTIVES:** To able to identify specific indicators of police stress \*To be able to identify the cycle of stress \*To be able to understand the police culture and how it contributes to stress \*To be able to recognize stress in fellow officers \*To understand the impact of media and social images on the officer \*To be able to develop an individualized program for stress reduction \*To be able to recognize post traumatic stress reductions syndrome \*To be able to produce a blueprint for a healthy lifestyle.

**REGISTRATION:** Contact Western Illinois Police Training Unit at 309-344-3366; fax 309-344-5215; e-mail [wiptu@gallatinriver.net](mailto:wiptu@gallatinriver.net) or online [www.wiptu.org](http://www.wiptu.org).