

# EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT



A Guide for Officers  
and Their Families

Kevin M. **Gilmartin, Ph.D.**

"If your secret is made it through the  
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Twenty-five year law enforcement career  
San Jose, California

# **Emotional Survival For Law Enforcement A Guide For Officers And Their Families**

**John M. Violanti, Douglas Paton**



Emotional Survival For Law Enforcement A Guide For Officers And Their Families

**Emotional Survival for Law Enforcement** Kevin M. Gilmartin,2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers These assaults can transform idealistic and committed officers into angry cynical individuals leading to significant problems in both their personal and professional lives

**Emotional Survival for Law Enforcement** Kevin M. Gilmartin,2002-01-01 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers These assaults can transform idealistic and committed officers into angry cynical individuals leading to significant problems in both their personal and professional lives

**Spiritual Survival for Law Enforcement** Cary A. Friedman,2005-06-15 This book is designed to provide spiritual fortification for officers who are faced with a barrage of experiences in the course of their careers which challenge their most deeply held personal beliefs It comes with exercises tools and insights to restore inner peace and clarity

**POWER** Konstantinos Papazoglou,Daniel Blumberg,2019-11-14 Power Police Officer Wellness Ethics and Resilience collectively presents the numerous psychic wounds experienced by peace officers in the line of duty including compassion fatigue moral injury PTSD operational stress injury organizational and operational stress and loss Authors describe the negative repercussions of these psychic wounds in law enforcement decision making job performance job satisfaction and families The book encompasses evidence based strategies to assist law enforcement agencies in developing policy programs to promote wellness for their personnel The evidence based techniques presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off duty With forewords authored by Dr John Violanti Distinguished Police Research Professor and Dr Tracie Keese Vice President of the Center of Policing Equity this book is an excellent resource for police professionals police wellness coordinators early career researchers mental health professionals who provide services to law enforcement officers and their families and graduate students in psychology forensic psychology and criminal justice Platinum Award Winner 2019 Homeland Security Awards American Security Today Provides reader with evidence based strategies to promote officer wellness Covers compassion fatigue moral injury PTSD operational stress and more Written by established scholars and professionals from a law enforcement context

**Force Under Pressure** Lawrence N. Blum,2001-08 In Force Under Pressure Dr Lawrence Blum who has devoted his life s work to the survival and wellness of those who serve describes the sources of danger injuries and victory to police officers in a down to earth readable style Blum argues that there are missing ingredients in the training and socialization of police officers These ingredients include techniques and tools to condition the officer s decision making and concentration during conditions of emergency internal controls necessary to maintain the will to survive and aids that will prevent officers being defeated by any threat Distressing and or disturbing physical and psychological reactions are common in a police officer s workday and the officer must be prepared for them Blum s work has uncovered many of the casues of compromise to officer safety and wellness and he contends that police officers will be well prepared to cope with unanticipated or rapidly changing encounters if they possess the right tools and the know how to command and control field encounters and life s pressures Here Blum provides practical tools for survival in law enforcement by combining his clinical knowledge with true stories of police officers for an attention grabbing and informative book

Street Survival Charles Remsberg,1987-01-01 This book deals with positive tactics officers can employ on the street to effectively use their own firearms to defeat those of assailants It is devoted exclusively to understanding and mastering techniques that work for survival in real life situations Unfortunately most of the current literature on so called combat shooting explores what works against paper targets Few street wise experts or truly contemporary articles have emerged on street survival although deadly assaults on the police continue to occur year after year This book can help make you survival sensitive The techniques it emphasizes are designed to affect the way you prepare plan and react to keep you alive in real situations They are not hypotheses but proven procedures based on the insights of officers who have experienced gun battles and survived and on the lessons left behind by those who have died

**POLICE TRAUMA** John M. Violanti,Douglas Paton,1999-01-01 The police fight a different kind of war and the enemy is the police officer s own civilian population those who engage in crime social indignity and inhumane treatment of others The result for the police officer is both physical and psychological battering occasionally culminating in the officer sacrificing his or her life to protect others This book focuses on the psychological impact of police civilian combat During a police career the men and women of police agencies are exposed to distressing events that go far beyond the experience of the ordinary citizen and there is an increased need today to help police officers deal with these traumatic experiences As police work becomes increasingly complex this need will grow Mental health and other professionals need to be made aware of the conditions and precipitants of trauma stress among the police The goal of this book is to provide that important information The book s perspective is based on the idea that trauma stress is a product of complex interaction of person place situation support mechanisms and interventions To effectively communicate this to the reader new conceptual and methodological considerations essays on special groups in policing and innovative ideas on recovery and treatment of trauma are presented This information can be used to prevent or minimize trauma stress and to help in establishing improved support and therapeutic measures for police officers Contributions in the book are from professionals who work with police officers and in some cases those who are or have been police officers to provide the reader with different perspectives Chapters are grouped into three sections conceptual and methodological issues special police groups and recovery and treatment The book concludes with a discussion of issues and identifies future directions for conceptualization assessment intervention and effective treatment of psychological trauma in policing

*I Love a Cop, Third Edition* Ellen Kirschman,2018-05-03 Police officers today face unprecedented challenges anti police sentiment increased danger massive public scrutiny and the ever present threat of terrorism Now thoroughly updated this trusted resource has already helped over 125 000 police families manage the stress of the job and create a supportive home environment where everyone can thrive The third edition includes new stories from police families new chapters on relationships and living through troubled times and fully updated resources Discussions of trauma and resilience domestic abuse and addictions have been expanded with the latest information and practical advice Whether they read the book cover to cover or refer to it when problems arise families will find no nonsense guidance they can depend on Mental health professionals see also *Counseling Cops What Clinicians Need to Know* by Ellen Kirschman Mark Kamena and Joel Fay

**Emotional Intelligence** Iberkis Faltas,2020-08-18 The data shows 425 652 allegations of NYPD officers inappropriate use of force abuse of authority discourtesy use of offensive language implicit and explicit racial bias discrimination and social stereotyping 50 6 to 66 percent of the victims were blacks Thirty five percent of first year college students can t handle the social and academic pressure and drop out of college within the first year Organizations where employees are perceived to be disposable and management seems to be careless to prevent employee s dissatisfaction and high turnover In this book I explore the history and development of emotional intelligence where it came from and how it is being used today I also explore how we can use emotional intelligence to enhance our professional careers and understanding of others focusing on the fields of law enforcement education management and leadership and the differences between traditional management systems contemporaneous generational workplaces and the implementation of emotional intelligence practices

**Challenging the Law Enforcement Organization** Jack E. Enter,2006-01-01

**The Crazy Lives of Police Wives** Carolyn Whiting,Carolyn LaRoche,2014-04-23 A Police Officer s calling in life is to serve and protect and he would willingly lay down his life for all If he would do that for a stranger imagine all that he would do for his wife Our law enforcement husbands are our heroes we love them dearly and we wouldn t trade them for the world but being a Law Enforcement Officer s wife comes with its own set of challenges Law enforcement wives from across North America share communal advice wisdom experience insight and laughter with fellow LEO wives We offer a peek into our world the heart of the badge to our husbands families friends and neighbors To further the mission of the book author proceeds are donated to police related charities

**Chaplaincy in Law Enforcement** David W. De Revere,2005 Thoroughly revised and rewritten this new second edition serves as a comprehensive first step for law enforcement departments seeking a police chaplain as well as a useful resource for the experienced police chaplain This text is a manual of procedures concepts guidelines and forms that are presented in plain clear language yet with substantial depth of knowledge Major topics include how to get started as a Chaplain how to relate to law enforcement department people theological foundations confidentiality crisis intervention and counseling death notifications disasters domestic disputes officer deaths and funerals addicted officers hostage negotiations and victim assistance In addition the Appendices offer resources for services the Chaplain s Code of Ethics a model for starting a chaplaincy program requirements to be a chaplain the Chaplain s Oath plus where and how to receive chaplain training All of the above features serve to fulfill the central purpose of the book to enable law enforcement administrators to establish a program for chaplaincy and for experienced chaplains to find new ideas to add to what they are doing This book will also help parish clergy and leaders understand the role of law enforcement chaplaincy within a community Publisher

**I Love a Cop** Ellen Kirschman,1997-03-07 Will police work change the person you love Are police marriages destined to fail What are the chances of your loved one being killed in the line of duty Separating fact from myth Dr Ellen Kirschman answers these and other critical questions in the first comprehensive self help book created specifically for today s police families In information filled chapters readers will go behind the scenes with other police families as they discuss the benefits and pitfalls of police work learn how to manage the effects of organizational stress and the pressures of unpredictable schedules long hours and loneliness gain awareness of the emotional physical and behavioral warning signs which can lead to such extreme situations as posttraumatic stress alcoholism suicide and domestic violence find out where families can go for help and counseling and get an inside look at cop couples and the special challenges facing women minorities and gays and lesbians on the force

*The POWER Manual: a Step-By-Step Guide to Improving Police Officer Welln* Daniel Blumberg, Konstantinos Papazoglou, Michael D. Schlosser, 2021-10 Offers practical strategies for police officers to use on and off duty to improve wellness strengthen ethical commitments and boost resilience The book demonstrates a research based approach to dealing with the challenges faced in law enforcement and provides personal and professional steps to take on duty and off duty to optimize your

**Counseling Cops** Ellen Kirschman, Mark Kamena, Joel Fay, 2015-09-24 Grounded in clinical research extensive experience and deep familiarity with police culture this book offers highly practical guidance for psychotherapists and counselors The authors vividly depict the pressures and challenges of police work and explain the impact that line of duty issues can have on officers and their loved ones Numerous concrete examples and tips show how to build rapport with cops use a range of effective intervention strategies and avoid common missteps and misconceptions Approaches to working with frequently encountered clinical problems such as substance abuse depression trauma and marital conflict are discussed in detail A new preface in the paperback and e book editions highlights the book's relevance in the context of current events and concerns about police community relations See also Kirschman's related self help guide *I Love a Cop* Third Edition *What Police Families Need to Know* an ideal recommendation for clients and their family members

PTSDragon J. B. Van Cleave, 2022-05 Did you know brains are magic It's true Within this fantastical analogy of post traumatic stress the therapists are Dragon Trainers psychiatrists are Wizards and there is no stigma for a hero still fighting

**Police Suicide** Ronald A. Rufo, 2017-07-27 There is no question that more police officers die from suicide than those killed in the line of duty The suicide and attempted suicide of police officers is a mental health concern that has been neglected for far too long *Police Suicide Is Police Culture Killing Our Officers* provides realistic insight into the life of a police officer through a

*Proud Police Wife* Rebecca Lynn, 2021-11-02 Hope for Today Strength for Tomorrow When your husband is a police officer you experience a unique set of challenges and fears that others may not understand Rest assured that you can still find peace and joy every day with God by your side *Proud Police Wife* is the perfect resource for any police wife or future wife in need of hope encouragement comfort and strength Each devotion includes applicable Scriptures relatable stories empowering action steps and uplifting prayers Strengthen your relationship with God and gain confidence in your role as the heart behind the badge Wait patiently for the Lord Be brave and courageous Yes wait patiently for the Lord Psalm 27:14 NLT

*Good Cop, Good Cop* Brian Casey, 2018-09

*CopShock* Allen R. Kates, 2008 Nightmares flashbacks anger concentration problems emotional detachment avoidance of people and places These are some of the signs of PTSD As many as one in three cops may suffer from PTSD a condition that could lead to depression suicidal thoughts addictions eating disorders as well as job and family conflict *CopShock* prepares police officers for the aftermath of horrific trauma helps families understand PTSD's effect on their loved ones tells true stories of officers men and women with PTSD and offers over 200 support sources In the second edition of this much praised book on police trauma survival almost 50 percent of *CopShock* has been expanded revised or updated with new material including self tests for PTSD Panic Disorder and Depression Law enforcement officers throughout the United States Canada and 8 other countries have used this book in their peer support programs police academies and post trauma units Therapists recommend it to their patients and many law enforcement college programs include it in their curricula Since the publication of *CopShock*'s first edition in 1999 the book has been reviewed and praised around the world The A E Television Network produced a documentary based on *CopShock* that is shown today in police academies colleges and peer support groups In this new second edition and in the aftermath of 9 11 the war on terror and the consequences from natural disasters like hurricane Katrina *CopShock* will help many more police officers firefighters first responders and war veterans cope with the damaging effects of PTSD

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Emotional Survival For Law Enforcement A Guide For Officers And Their Families** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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