

SURVIVING SECONDARY TRAUMA FOR FIRST RESPONDERS

It's okay "NOT" to be OK!

August 8, 2019 – 1:00 p.m. to 5:00 pm

\$30.00 per person – seats are limited

Register online: www.publicsafetyministries.com/seminar

Ridgecrest Baptist Church

1731 Zumbahl Rd.

St. Charles, MO 63303

Secondary trauma is the effect of witnessing and/or hearing about traumatic events; a side effect or result of seeing or hearing about acts of cruelty or suffering. With proper collaboration, secondary trauma can be prevented, and public safety employees can learn and grow from their traumatic experience. Positively dealing with secondary trauma boosts productivity, health, efficacy, morale and retention.

This P.O.S.T. certified (4 hours) course provides important information regarding recognizing stress and secondary trauma; the physical and emotional effects they have on your body, and most importantly, developing easy and effective coping skills to help build resiliency for both self and peer support.

2 Hours I/P
2 Hours M/H



P.O.S.T. APPROVED

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