

Training Opportunity

Training Topic: **Stress Management in the Climate of Terrorism**

Sponsored by: **The Illinois Regional Institute for Community Policing and the St. Petersburg College's Florida Regional Community Policing Institute**

When: **Monday, October 22 & Tuesday, October 23, 2007, from 9:30 a.m. to 5:00 p.m.**

Where: **Carnegie North at Lincoln Library, The Public Library of Springfield, IL, located at 326 South 7th Street, Springfield, IL 62701**

Audience: Performance-level first responders and their supervisors (Police Department, Fire Department, Emergency Medical Service [EMS] personnel, Military personnel, etc.)

Description: This two-day pro-active training enlightens situations that cause first responders to experience strong emotional reactions as a result of their decisions. This program will provide participants with an organized approach to the management of event-induced stress usually associated with incidents that involve weapons of mass destruction. Both short- and long-term stress reduction techniques that address what the first responder will potentially encounter during a weapons of mass destruction attack will be explored. ***Warning: This class contains graphic material.***

Overview of Topics:

- Mass casualties of weapons of mass destruction
- Side effects of weapons of mass destruction
- Serious injury and death from weapons of mass destruction
- Mass death and dying of civilians and children
- Dealing with victims of weapons of mass destruction and their families
- Strategies for extending worker operating times in harsh environments
- Sample relaxation exercises
- Discussion regarding the psychological impact of casualty handling

To register for this **FREE** training opportunity, please complete the attached registration form and fax it to the Springfield, Illinois Regional Institute for Community Policing at 217-206-6063 or contact Lindsay Buhr by email at lbuhr2@uis.edu or by phone at 217-206-6033.

Note: Off-street and underground parking are available. Underground parking is accessible from 7th street. Look for a small alley between the Municipal building (waterfall on left) and the Lincoln Library. Parking is \$4.00 per day.

Stress Management in the Climate of Terrorism

October 22 & 23, 2007

Name: _____

Title: _____

Organization: _____

Address: _____

Office Phone: _____

Alternate Phone: _____

Email: _____

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