

# A POST-CERTIFIED TRAINING EVENT

## IVAT INVITES YOU TO MORE THAN SURVIVING: FROM TRAUMATIC STRESS TO WELLNESS

A Two-Part Virtual Training Event

Currently offered at two online events, open at no cost to California State Law Enforcement Officers who work for POST-participating agencies, as defined in Penal Code §13522, et seq.

March 30-31, 2021 | 8:30 AM to 12:00 PM Each Day\*

\*Must attend both days to receive credit

Register Now at <https://conta.cc/3uUP4Yb>

OR

April 20-21, 2021 | 8:30 AM to 12:00 PM Each Day\*

\*Must attend both days to receive credit

Register Now at <https://conta.cc/30SLIHI>



### DESCRIPTION

**More Than Surviving: From Traumatic Stress to Wellness** is a training focusing on an officer's overall wellness, notably after dealing with incident responses, organizational stress, and community confrontations. The long-term goals of this course:

- To help officers take a proactive approach to recognizing and reducing stigma around dealing with stress
- To increase officer safety and wellness, while reducing officer and agency exposure to liability
- To promote trauma-informed wellness programs within the agencies

The curriculum is supplemented, through Legacy Productions' **"Keeping The Peace"** film, with direct messages from key law enforcement commanding officers and chiefs throughout the state, as well as real-life video clips of peer officers providing insightful experiences and impressions. It is conducted by a multidisciplinary team of law enforcement and mental health professionals.

Contact Morgan Shaw at [morgans@ivatcenters.org](mailto:morgans@ivatcenters.org) for more information