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Emotional Survival for Law Enforcement

This course is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over their careers. These assaults can transform idealist and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

Officers and their families can experience a law enforcement career as emotional survivors instead of falling by the wayside as victims of predictable and preventable challenges.

Course Topics Include:

- Hypervigilance
- Officer Survival
- Are the Changes Inevitable?
- What is Actually Taking Place?
- Long-Term Effects of Hypervigilance
- How to Become and Emotional Survivor
- The Hypervigilance Biological Rollercoaster
- The Journey Through Law Enforcement

GENERAL INFORMATION

April 14, 2025

Time: 8:00 a.m. - 5:00 p.m.

Fees: **Grant Funded**

Registration: (727) 341-7952

Facilitator: Dr. Meredith Moran

Agency/Self-Registration Here

<https://spcollege.augusoft.net>

[Registration & Hotel information](#)

Casual clothing is recommended. Shorts, tank tops and/or offensive T-shirts are unacceptable attire. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

Training Calendar <http://pstc.spcollege.edu/>

Lead Instructor

Dr. Gilmartin is a behavioral scientist specializing in law enforcement and public safety related issues. He is the author of the book *Emotional Survival for Law Enforcement: A Guide for Officers and Their Families*. He previously spent twenty years working in law enforcement in Tucson, Arizona. During his tenure he supervised the Hostage Negotiations Team and the Behavioral Sciences Unit.

The Department of Justice, FBI, Royal Canadian Mounted Police, New South Wales Police and International Association of Chiefs of Police have published his work. He holds a doctoral degree in Clinical Psychology from the University of Arizona. He is a veteran of the U.S. Marine Corps and resides in Tucson, Arizona and Bend, Oregon.