

## COPING WITH LAW ENFORCEMENT TRAUMA 1 DAY SEMINAR

INSTRUCTED BY NICK WILSON

\$199 per student



This course will make you the most resilient officer both on the job, and in your personal life. Instructor Nick Wilson will provide law enforcement officers a fundamental understanding of how the impacts of police stress affects the mind and body, tactics for coping with cumulative trauma, and strategies which promote holistic wellness approaches, mindfulness best practices, improved mental health outcomes and rebuilding resiliency into their personal and professional lives. This course will teach students how to identify post-traumatic stress symptoms, how to reduce those symptoms in a preventative measure and gain tools to navigate through the complexities of untreated trauma. Students will also have a better understanding of wellness strategies that will positively impact their professional and personal lives.

“Coping with Law Enforcement Trauma” will teach you how to identify post-traumatic stress symptoms, how to reduce those symptoms in a preventative measure and gain tools to navigate through the complexities of untreated trauma. Students will also have a better understanding of wellness strategies that will positively impact their professional and personal lives. Additionally, Wilson will cover signs and triggers, police culture and stigma, critical incidents and fatigue, secondary and transferred trauma, an officer’s response, recognition, and growth and wellness strategies.

Instructor Nick Wilson has held many positions throughout his 13-year career as a police officer. Wilson was a Senior Detective assigned to the Special Investigations Unit working Gangs/Narcotics/Vice/Homicide, Intelligence and Organized Crime. He was a SWAT Team Operator, Field Training Officer and later worked at a Department of Homeland Security task force investigating terrorism activities where he was assigned during the San Bernardino Terrorist Attack in 2015. During his career he has planned, led and conducted hundreds of law enforcement investigations under some of the most challenging conditions involving organized crime syndicates, homicides, undercover operations, Title Wiretap Investigations, Gang/RICO and transnational/multi-jurisdictional crime. Wilson is the Founder/Executive Director of The Resiliency Project, a nonprofit organization with a mission to “to end the silent suffering of our nation’s first responders by providing peer support and funding for treatment, recovery and psychological services in an effort to treat post-traumatic stress, build resilience and end suicide. Wilson has been the recipient of the Distinguished Service Medal, Officer of the Year, Chief’s Citation, City Proclamation for Outstanding Investigations, United States Congressional Recognition - Homeland Security Committee, United States Department of Homeland Security Letter of Recognition and the prestigious San Bernardino Sheriff’s Department First Responder Award for his public speaking.

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