

Stress Management

DVD-ROM Video

Multimedia I.D. Number: **257**

CPT Hours: 2

DVD Shipping Date: 01/30/14

Officers experience frequent and ongoing stressors in their work on a daily basis. These range from the stress of everyday calls to stress associated with critical incidents such as violent crimes, shootings and mass disasters. While stressors like these are unavoidable and a part of a peace officer's job, stress can be recognized, controlled, and need not necessarily lead to chronic mental or physical problems.

The purpose of this training is for officers to develop a better understanding of stress, identify the types of stress, recognize the symptoms, and learn how to better deal with the effects of stress on themselves as well as helping those around them.

Segments include:

- Overview of Stress Management
- What Is Stress?
- The Causes of Stress
- Recognizing Symptoms of Stress
- The Impact of Stress
- Developing Coping and Resilience Skills
- Resources for Stress Management

The DVD-ROM video program offers two viewing modes and printable instructor and trainee documents:

Facilitated Group Course

Each segment features a short introduction, followed by scenarios with related questions and activities to assist in facilitating a group discussion. The facilitator has the option to play subject matter expert comments after the discussion to re-emphasize a training point or to ensure all topics are covered. A "Facilitator Guide" document (PDF) is included on the DVD-ROM for printout from a computer.

Informational/Individual Viewing

This viewing mode allows an individual trainee or a small group of trainees to view the training video without formal (classroom) facilitation by an instructor. Features the same scenarios and questions or activities as the "Facilitated Group Course" track. Individual viewers may view sample group discussions, followed by comments from subject matter experts that reiterate and reinforce the teaching points. A "Student Workbook" document (PDF) is included on the DVD-ROM for printout from a computer.

Additional "how to" instructions for facilitation and obtaining CPT credit are included on the main menu of the video.



Video Program Guide

California Commission on Peace Officer Standards and Training