



From Fatigue to Fulfillment™

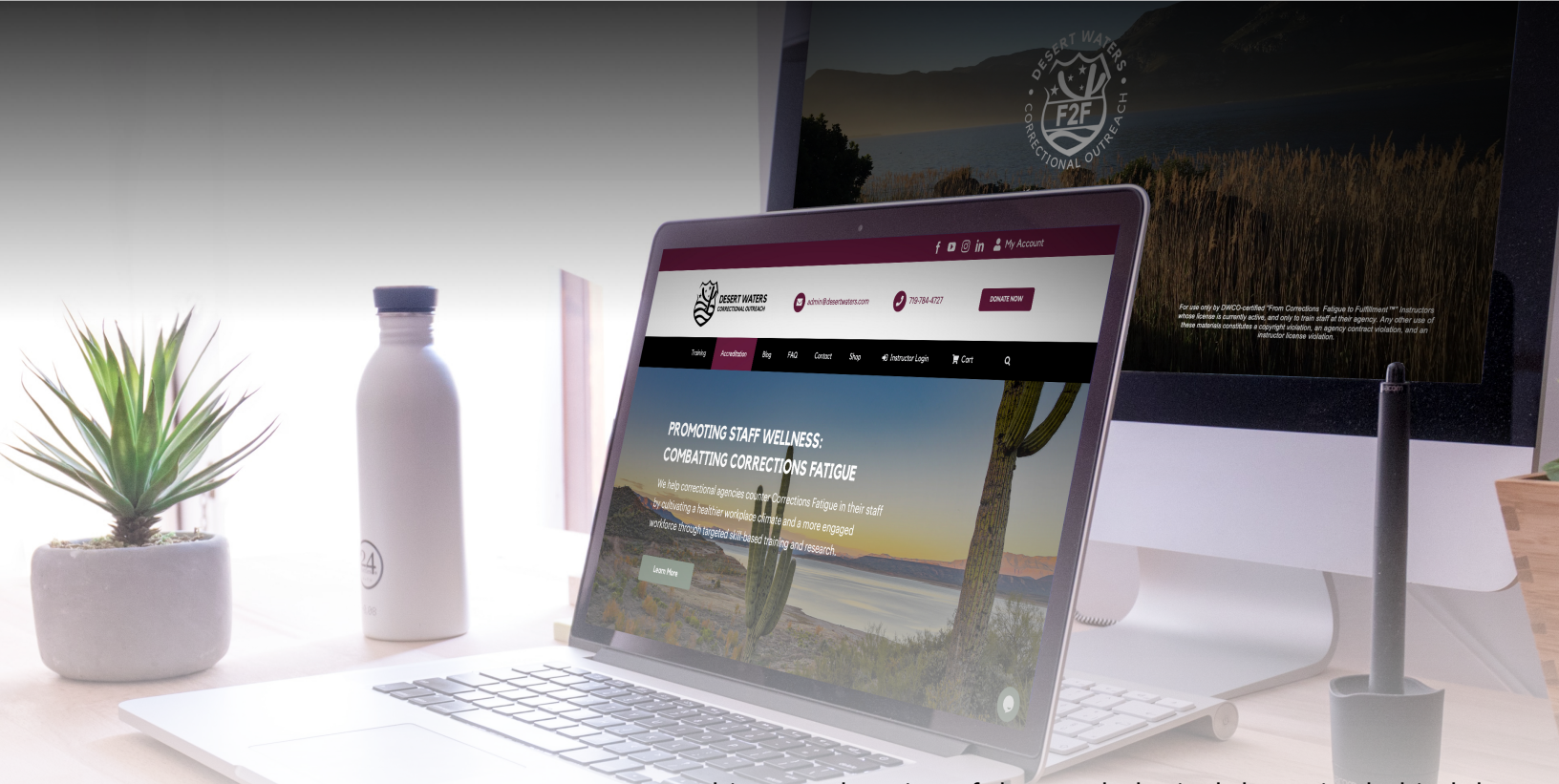
For Law Enforcement Staff

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY



Adapted for Law Enforcement from the award-winning course "From Corrections Fatigue to Fulfillment™"



\$1,595 per Instructor Candidate*

Includes the Instructor Guide and two booklets for independent study, and coaching the agency to integrate F2F in their staff wellness programming.

- Data-driven explanation of the psychological dynamics behind the negativity of the law enforcement workplace, and its manifold costly consequences to corrections agencies, staff, and their families
- Data-driven strategies to increase staff well-being and to improve the organizational climate and culture
- Based on research in psychological trauma, resilience, and Positive Psychology
- F2F certification offers corrections personnel the ability to teach the valuable F2F principles to staff at their agency
- Independent study includes the books "Staying Well" and "More on Staying Well" by Caterina Spinaris

For times and dates (scan or click):



Upon Successful Completion of Certification Requirements Instructor Candidates Will Receive:

- Certificate of Completion for **42 Contact Hours**
- Three-year certification and license* as Instructors** or Co-instructors** to offer the **8-hour F2F** course to their agency staff***
- Electronic copies of F2F course materials
- Content updates for the duration of certification

The F2F course is not designed or intended to replace getting help from mental health or medical professionals for any type of psychological, physical or spiritual distress.



Course Author: Caterina Spinaris, PhD., is DWCO's Founding Director and a Licensed Professional Counselor with over 30 years of clinical experience. Caterina conducts research, and offers data-driven trainings and interventions to corrections agencies to counter the effects of occupational stressors, and to increase organizational health and employee well-being.

In addition to F2F and CF2F, she authored the following courses: "Towards Corrections Fulfillment: For New Staff™," "True Grit: Building Resilience in Corrections Professionals™," "Correctional Family Wellness™," "The Supportive Supervisor™," "Improving the Well-Being of Corrections Professionals™," and "Peer Supporter Training™." Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award.

COURSE CONTENT

Staff Stories, Work Impact Assessment, Law Enforcement Fatigue Definition, Analogies, Characteristics, Consequences, Phases of Change, Continuum, Staff Suicide, Work Stressors, Corrections Fatigue Process Model, Challenges, Two Paths to Additional Fatigue, Personality Changes, Health Changes, Functioning Changes, Workforce Culture, Silent Witness Group Activity, Professional Fulfillment, Avenues of Achieving Professional Fulfillment, Self-care ABCs, Personalizing the ABCs, Creating Healthy Identity, Worldview and Spirituality, Positive Growth Questionnaire, Big 7 Definitions, Big 7 Small Group Activity, Positive Leaders, Positive Organizational Climate, Resources, Professional Vision Group Activity

- Pertinent to both frontline staff's and supervisors' interests and concerns
- Applicable to both sworn and non-sworn staff
- Practical and easy to grasp by both new and seasoned employees, and by managers
- To be team-taught by your agency instructors and co-instructors as an 8-hour course

CRITERIA FOR INSTRUCTOR CANDIDATES

- Prior classroom training experience (recommended)
- At least 5 years of working in law enforcement
- Experience working through work-related challenges
- Ability to present emotionally-laden material
- Ability to be an empathetic listener
- Ability to moderate emotionally-heated discussions
- Ability to team-teach

To register (scan or click):



admin@desertwaters.com

719-784-4727

Cancellation Policy: No refunds less than three weeks prior to the training. Registrations are transferable to another instructor candidate of the same agency as long as instructor candidate criteria are met.

*F2F licenses can be renewed for another three years by passing an online exam, which requires a fee.

**Instructors can teach on their own if necessary; Co-instructors must always team-teach with an Instructor.

***Instructors and Co-instructors are NOT certified to train other instructors at their agency or individuals outside of their agency.