

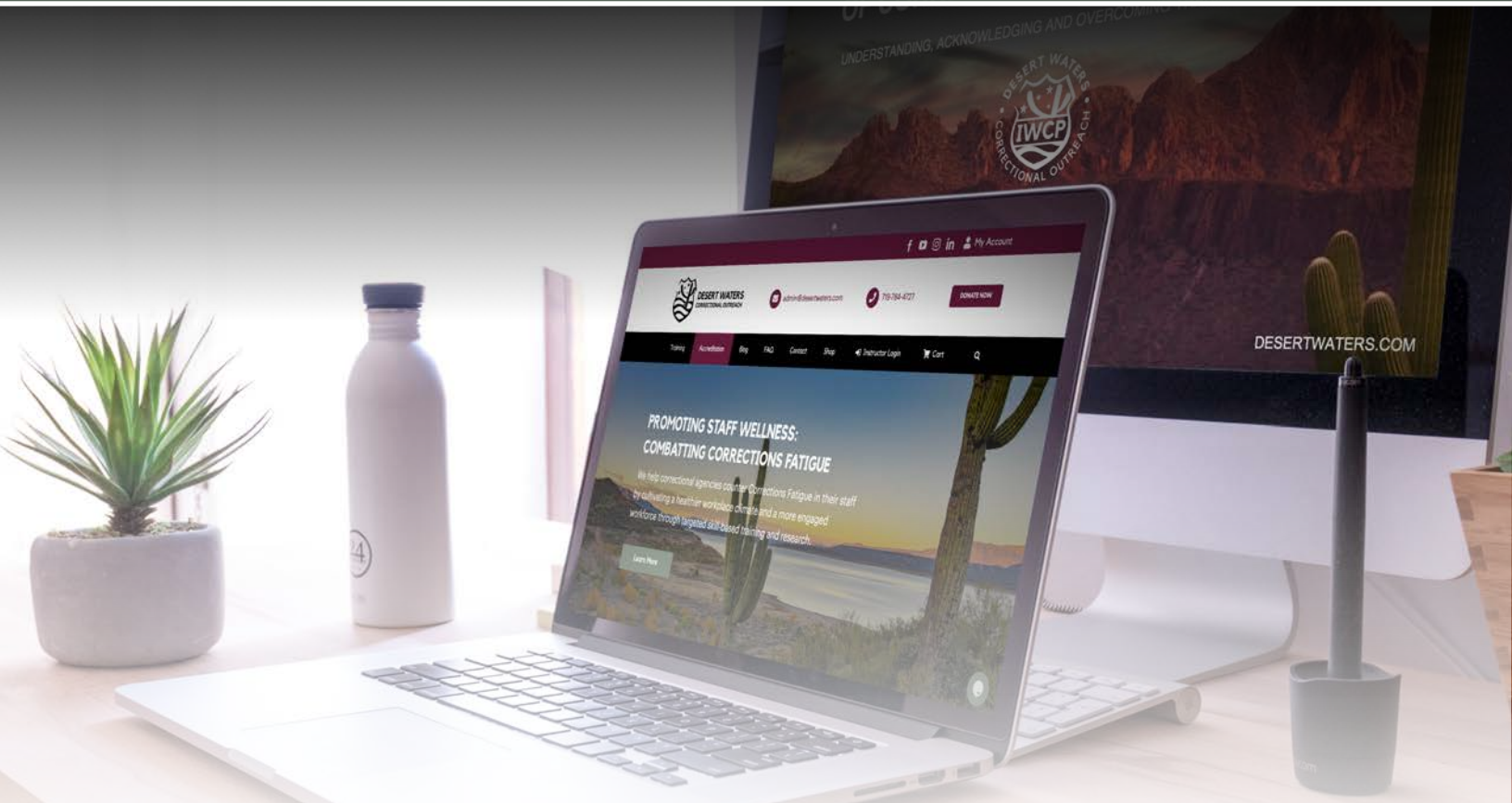


IMPROVING THE WELL-BEING OF CORRECTIONS PROFESSIONALS:

Understanding, Acknowledging, and Overcoming Traumatic Stress™

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

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



**\$1,795 per
Instructor Candidate***

Includes the Instructor Guide and coaching the agency to integrate IWCP in their staff wellness programming.

TARGET AUDIENCE

- Federal, state, county and city correctional professionals (prison, jail, probation and parole employees of all ranks and job roles)

**For times and dates
(scan or click):**



TRAINING OBJECTIVES

- Prepare and certify classroom instructors in the proprietary IWCP course.
- Teach the content to instructor candidates in depth.
- Describe the reasoning behind the course content.
- Present best practices for direct delivery.
- Present classroom management techniques for the teaching of sensitive, emotionally-laden material.

Note: The IWCP course is not designed or intended to replace getting help from mental health or medical professionals for any type of psychological,



The IWCP Instructor Training (authored by Caterina Spinaris, Ph.D., LPC) is an in-person or online training, followed by two hours of one-on-one virtual or phone coaching with a Desert Waters' Master Instructor.

This trauma-informed and trauma-responsive, skills-based course addresses needs and realities of correctional professionals regarding:

- Work-related exposure to psychological trauma and its effects,
- Prevention-oriented resilience-promoting behaviors,
- Self-care practices for correctional professionals, and
- Strategies for the prevention of the impact of traumatic stress at the organizational level.

COURSE CONTENT

Strengths/Needs, Occupational Stressors, Corrections Fatigue Process Model, False Resilience, The Big 7 Dimensions, Trauma-Related Emotions/Reactions, Triggers, Multiple Traumatic Exposure, Repeatedly Anticipated Trauma, Post-Traumatic Symptoms, Effects on Functioning, Anniversary Reactions, Moral Injury, Justice-Involved Individuals and Trauma, Three Target Areas, When to Seek Help, Reducing Arousal and Reactivity Relationally and Mentally, Mindful Breathing, Grounding, Relaxation Response, My Soothers, Reduce Negative Thoughts and Emotions, Increase Positive Thoughts and Emotions, Post-Traumatic Growth, My PTG Exercise, Reduce Intrusive Re-Experiencing, Reduce Avoidance, Healing After Moral Injury, Lightening My Load, Returning, My Resources, My Self-Care Practices, Interacting with Justice-involved Individuals Impacted by Trauma, Preventative Measures, Enhancing Staff Wellness Horizontally and Top-Down

Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to advance the well-being of correctional employees and other public safety employees and their families, and the health of their public safety agencies, through data-driven, skill-based training.

WHAT STAFF HAVE SAID ABOUT IWCP

- "Best training this department has ever seen when it comes to self-care. This provides the instructors with the tools they need to engage in wellness of self as well as assist colleagues and make for a better work environment."
- "It is promoting my wellness and providing me with the tools to promote wellness for others."
- "This is a training that is long overdue and I am honored to be a part of it. This is going to save lives and relationships."

CRITERIA FOR INSTRUCTOR CANDIDATES

- Experience training corrections employees (required)
- At least 5 years of working in corrections or equivalent (recommended)
- Good reputation among staff as being genuinely caring
- Ability to be an empathetic listener
- Ability to moderate emotionally-laden discussions
- Good discipline and attendance record
- Experience having successfully worked through work-related challenges
- Not having been through a traumatic event in the past year
- Prior instructor certifications received, in the absence of which a screening process will be applied (recommended)

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.

*IWCP 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.