



# TRUE GRIT: Building Resilience in Corrections Professional™

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 "True Grit" in their  
staff wellness programming.*

- Science-based factors that promote resilience
- Skill-based tools that apply to corrections employees' work and home life
- Positive, practical, empowering, engaging, motivating—and FUN!
- Sequel to the award winning CF2F course, but also stands alone
- 40-hour training (online, 31.5 hour Instructor Training + 8.5 hours of independent study), followed by two hours of individual phone or virtual coaching.

**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 "True Grit" course to their agency staff as a one-day training or as 4-5 modules\*\*\*
- Electronic copies of "True Grit" course materials
- "True Grit" updates during their three-year certification

**Course Author:** Caterina Spinaris, PhD., is DWCO's Executive 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 "True Grit", she authored the award-winning course "From Corrections Fatigue to Fulfillment™," as well as the courses "Correctional Family Wellness™," and Peer Support Training™. Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award.

## COURSE CONTENT

Definitions of Resilience, Properties of Resilience, Negative Resilience, Acquired or hard-wired, Resilience-Boosting Psychosocial Dimensions, Effective Self-Regulation, Self-Awareness, Mindfulness Exercises, Activating the Relaxation Response, Cognitive Reframing, Working through Anger, Correcting Thinking Distortions, S.A.N.E., Follow-Up Questions, Managing Anxiety, Self-Calming Thoughts, Strategic Coping, Active Problem Solving, Distress Tolerance, Acceptance, Optimism, Humor, Attending to Positive Events, Rx: 3 Good Things, Gratitude, Re-storying Your Traumatic Story, Post-Traumatic Growth, Positive Relating at Home and at Work, Positive Leadership, Meaning, L.U.V.E.M., Strengthening and Repairing Personal and Professional Relationships, Tactical Empathy, Mastery, Be Prepared, Self-maintenance, Sleep Hygiene, Resources, Small Group Activities, Self-care

*Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to improve the wellbeing of corrections and other public safety professionals through training, consulting, and other essential resources to foster resilience, mental health, and overall wellness in these challenging professions.*

## WHAT STAFF HAVE SAID ABOUT TRUE GRIT

- "This course delivers the answer to the 'Now what' question after CF2F. It builds and strengthens the toolbox for employees working in such high stress environments in a simple yet profound way. 'True Grit' generates bond-building discussion with real life application."
- "By far the best training I have been through."
- "I would like to see this class in the future in Block Training. The class opened your eyes to the different ways of being a better partner at work as well as at home."
- "This class is a great tool for work and more importantly HOME LIFE!!! This should be given during Block Training. I feel it is an important tool to help people take a step back and look at things they may be doing or not doing. Overall an EXCELLENT class!!!"

## CRITERIA FOR INSTRUCTOR CANDIDATES

- Prior classroom training experience
- At least 5 years of working in corrections
- Experience working through work-related challenges
- Ability to motivate others
- Ability to manage classroom discussions

**To register (scan or click):**



**[admin@desertwaters.com](mailto: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.

**"True Grit" 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.**