

POST-TRAUMATIC GROWTH

TRIAL ACTION PATHS



MENTAL HEALTH TIPS

HUGH D. WATT, MSW, LCSW



90-Minute course

Success in life, on both the career and personal levels, relies on understanding how Post-Traumatic Growth is possible after trials and traumas in life.

It is a very critical time for our profession, and now more than ever officers need support as they manage so many world stressors. With the current situation, many agencies are facing struggles with recruitment, retention, substance abuse, divorce rates and suicide. My course can help you proactively address the challenges that many officers face, strengthening them personally and professionally.

Often professionals struggle to balance the pressures they face at work that affects their personal lives.

WHO SHOULD ATTEND?

Law enforcement	Firefighters
EMS	Dispatchers
Call takers	Spouses
Peer support teams	Administrators
Agency mental health	Chaplains
Supervisors	Volunteers


To schedule a **Free Session**
for your agency:

Send and email to Hugh at
TapYourTrials@gmail.com

For information about the presenter, visit

www.TrialTappers.com
www.HughWatt.com

See short videos on other topics on YouTube at...

 / Trial Tappers

Post-Traumatic Growth. Trial Action Paths

Training Details:

Trainer: Hugh D. Watt, MSW, LCSW (U.S. Probation Officer)

Where: At your facility or Online Virtual Classroom

Length: 90 Minutes

Cost: \$Free **There is no cost to attend this training**

Click here for an informational flyer

To schedule a training email TapYourTrials@gmail.com

COURSE DESCRIPTION: Success in life, on both the career and personal levels, relies on understanding how Post Traumatic Growth is possible after trials and traumas in life. It is a very critical time for our profession, and now more than ever officers need support as they manage so many world stressors. With the current situation, many agencies are facing struggles with recruitment, retention, substance abuse, divorce rates and suicide. My program can help you proactively address the challenges that many officers face, strengthening them personally and professionally. Often professionals struggle to balance the pressures they face in their personal lives that affect their work. Among other things, this course will reveal how you can grow stronger from all sorts of trials in life and become a success at home and on the job. Learn new tools to help you, family, friends, coworkers, neighbors, and significant others. Avoid the career pitfalls that often harm your personal relationships when you fail to grow after trials in life. Discover easy tips and action steps anyone can use to provide hidden benefits in your life. You can learn how to guide others to do the same. Officers will be introduced to and gain instant electronic access to the books *Trial Tappers: Tapping Life's Trials To Produce Positive Growth*. These books contain proven tools to help officers grow stronger regardless of how trials show up in their lives, allowing them to become successful at home and on the job ... which will take the burden of struggling to help officers balance the pressures they face in their personal lives.

Hugh D. Watt is a 28-year veteran of a joyful marriage, father of three boys, a 17-year U.S. Probation Officer, Licensed Clinical Social Worker, domestic violence and marriage therapist, author of the *Trial Tappers* book series, and a certified Critical Incident Stress Management Team member.

Attendees will learn the following:

1. Reframe trials to understand overcoming adversity is Post-Traumatic Growth which also increases the ability to overcome future challenges.
2. Gain an appreciation for life and the strength that can come from overcoming trials and traumas. Real survival stories will help demonstrate new growth.

3. Identify the importance of positive relationships with supportive others.
4. Consider the new possibilities that be possible after life's trials and traumas.
5. Identify how others have gained personal strengths and new growth after trials and traumas.

Who should attend?

This course is open to all law enforcement, firefighters, EMS, dispatchers and call takers, as well as: • Spouses • Administrators • Supervisors • Peer Support Teams • Retirees • Chaplains • Search & Rescue Volunteers • Agency Mental Health • Mental Health and Drug Court Team Members • and more!

****Training will be at your location or online**** Officers are responsible for their own travel costs.