



Law Enforcement Compassion Fatigue

The Law Enforcement Compassion Fatigue training is a 4-hour training course of instruction designed to prepare law enforcement with the ability to understand and prevent compassion fatigue/vicarious trauma. Compassion fatigue can cause law enforcement personnel to shut down mentally, physically and emotionally. For many police officers the law enforcement environment can lead to apathy, cynicism and social dysfunction. The desire to serve the community often starts with optimism and enthusiasm but can lead to compassion fatigue and burnout. The course will focus on understanding and preventing compassion fatigue/vicarious trauma and developing resiliency to minimize its impact. Students will learn through interactive scenarios, case studies, video instruction and other interactive exercises.

Course topics:

- Understanding the difference between stress and burnout.
- Defining the terms compassion fatigue and vicarious trauma.
- Recognizing the symptoms of compassion fatigue.
- Measuring your personal level of compassion fatigue and burnout.
- Identifying adaptive coping strategies that contribute to health and well-being.
- Identifying steps you can take to minimize the risk of compassion fatigue.
- Describing levels of resilience.
- Developing personal strategies to strengthen your resilience.

September 12, 2023

8am – 12pm

Bloomsburg University
400 East Second Street
Bloomsburg PA 17815

****NO COST****

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Instructor Tanya Zaglauer Schmell is currently the Director of Peer Support Programs for Crisis Systems Management, LLC, which provides Resiliency and Peer Support courses to emergency personnel. Tanya retired as a Sergeant for the West Des Moines Police Department in Iowa after more than 17 years at the department. She was also a Patrol Officer with the Windsor Heights Police Department. Tanya provides program development, training and consulting services to law enforcement, legal, mental health, and many other agencies throughout the world in the fields of leadership, critical incident peer support, crisis/hostage negotiation, veterans in transitions, police suicide, law enforcement interactions with veterans and other safety related topics. Tanya has a Masters of Military Social Work and a Masters of Public Administration-Emphasis in Executive Development.

Registration: <https://web.spcollege.edu/survey/35119>

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