

# Stress Recognition:

## *Achieving a Healthy Law Enforcement Career*

**Instructor: Sgt. Ken Carona, MS, LPC**

*This training identifies specific stress inducing triggers and tactics to mitigate the demands of those stressful times. Stress is a known killer in American society. Occasionally; officers and their family members ignore the symptoms of stress and fail to implement simple steps to recognizing and managing the unseen dangers that can destroy officers and the family.*

**Attendees will be able to identify the following learning objectives:**

- Definitions of stress
- Biological & Environmental causes of stress
- Self-induced stress
- Specific stressful events in America
- Physical and Behavioral reactions
- Maladaptive responses
- Coping mechanisms to stress



### **About the Instructor:**

- Police officer for 31 years (28 yrs. Port Arthur PD and 3 yrs. San Diego, CA PD)
- Adjunct instructor of Psychology at Lamar State College-Port Arthur since 1999
- Present and past duties include: Internal Affairs, Background Investigator of applicants, Certified Hostage Negotiator and Hostage Negotiation Team Leader, Training coordinator, S.W.A.T., Intoxilyzer Operator, Public Information / Media officer

Tuesday, March 12, 2013 or Wednesday, March 13, 2013

TCLEOSE credit: 8 hours

Registration: 8am-8:30am

Classroom: 8:30am-5pm, Little Elm PD Training room

Registration Contact: Sgt. Steve Garst, Little Elm PD

Email: [sgarst@littleelm.org](mailto:sgarst@littleelm.org) (Preferred method of registration)

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