

Emotional Survival

Course Outline

Time Break downs into equal time unit modules

1) Define the "Challenges" inherent in a criminal justice career.

Goal: To have the participants interactively define the area that challenge them both physically and emotionally over the course of a law enforcement career. The students list the challenges specifically attempting to create a complete list of stressors.

2) Define "Impact" of Challenges":

Goal: To have students delineate the effects of long-term exposure to challenges without benefit of a "Survival Orientation". Physical impact and emotional impact are reviewed.

3) Establish concepts of "Locus of Control"; Internal vs. External

Goal: To have students define which challenges are non-changeable and must be accepted with appropriate response and which challenges the Criminal Justice Professional brings on themselves

4) Review the concept of "Vigilance":

Goal: To have students understand the impact of the necessary perceptual set of "Vigilance". To include how the threat generated response pattern lowers risks in the "On-duty" world, but without an appropriate intervention strategy create havoc in the "Off-duty" world.

5) Establish "Over-Investment" and "Under-Investment" profiles:

Goal: To have students articulate the various profiles of investment in the Criminal Justice career. The concept of "Organizational Paranoia" is introduced and studied so the student can fully understand the roots of "Malcontentism"

6) Establish the differences between "Survivors" and "Victims"

Goal: To have students combine the concepts of vigilance and locus of control to develop an understanding of the self-perceived victim role of the problem and non-surviving Criminal Justice Professional. The roots of brutality, corruption, and non-compliance to organizational directive are put forth for discussion. Case Histories are presented for the students to define where emotional survival broke down and administrative and criminal non-compliance developed. Video taped interviews with Criminal Justice Professionals are presented at this point

7) The impact of "Non-Survivorship" of Criminal Justice Integrity:

Goal: The participants will develop an understanding of the "Continuum of Corruption". The movement from "Acts of Omission" where job duties are neglected or orders resentfully disobeyed or marginally obeyed is followed to "Acts of Commission" where the resentfully "Victim" who does not have emotional survival skills directly violates administrative and/or criminal standards leading to career impacting situations.

8) Loyalty vs. Integrity:

Goal: The student reviews how dysfunctional loyalty to peers can be at the expense of integrity. The emotionally surviving Criminal Justice Professional understands and is prepared for the dilemma before the crisis moment is reached and an emotional decision is made inappropriately.

9) "Burn-out": Causes and prevention strategies:

Goal: Participants learn of "Burn-out" as the "Syndrome of Over-commitment that leads to under-productivity" The relationship between long-term prevention strategies and short-term career choices are presented. Avoid using a "Sprinters mentality in a marathon race" is developed as a survival theme.

10) Survivorship Skill Development:

Goal: The student learns the impact of "High Demands and Low Control" as a situationally toxic environment. Skills are presented to preserve the idealism and motivational levels of the early career Criminal Justice Professional with the impact of cynicism or negativity.

11) Development of Personal- Life Proactivity:

Goal: Participants review the Reactive-Inactive-Proactive cycle and it's impact on personal life. Self-directed goal setting skills are presented. Students review the impact of a reactive orientation when used in personal life management. Aggressive time management techniques for goal setting are presented.

12) The Physiological Dimension:

Goal: Participants review physical fitness as a means of reducing the psychological impact of anger and hostility. "Doers Do, Victims Whine" is presented as proactivity is developed physically and psychologically. The impact of inappropriate physical techniques: i.e. gambling, workaholism, over-reliance on off-duty work are presented. Participants learn of the impact of stress related finances as a means of economic destruction of the unaware law enforcement professional. Financial corruption is reviewed for the causes of destruction of a law enforcement career. The Bio-behavioral dimension of "Survivorship" is reviewed.

13) Alternative Role Investment as a survival strategy:

Goal: The participants will look at the role of support systems as a means of enhancing coping skills. The socialization changes in American society causing a loss of traditional support systems, i.e. family, neighbors, church, and community are discussed. The over-identification with job-role and the socialization process of "interacting with people we work near as opposed to people we live near" is discussed in terms of potential self-perceived victimization. The development of broad-based emotional roles is discussed.

Summary: Students will have the opportunity to review the changes that have taken place in their lives because of law enforcement. Social, behavioral, emotional, and financial areas will be discussed. Students will take a realistic inventory of self-change and review the effects in the terms of both personal and job satisfaction. Survival techniques will be presented and discussed to permit the participants to maximize both personal and professional performance and satisfaction.