



March 8, 2021

Commented [AS1]: Date changed to reflect release date

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For Immediate Release

Hecht Trauma Institute Announces Inaugural Webinar:
Cultivating Staff Resilience in Law Enforcement

An opportunity to find meaning and reenergize your sense of satisfaction in your work.

ORANGE COUNTY, CA. February 19 – The Hecht Trauma Institute announces the launch of its inaugural virtual Peace Officer Standards and Training certified course – Cultivating Staff Resilience in Law Enforcement. This course is designed to provide the skills necessary to reduce the impact of stress and trauma while improving self-care, promoting resilience, and overall well-being in first responders. Participants will learn to re-create meaning and value in serving as a first responder. Themes contained within the course range from identifying the differences between Post-Traumatic Stress Disorder vs. Post-Traumatic Stress Injury, personal stress management, support services, resources for self-care and finding meaning in the wake of trauma.

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The first *Cultivating Staff Resilience in Law Enforcement* webinar will take place Live on Zoom, **Wednesday, March 24, 2021**.

Registration for the training opens **March 01, 2021**.

To register, or for more information on this webinar and future courses, visit <https://www.traumainst.org/post-training/csrlc>

Call us Toll-Free:
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About the Hecht Trauma Institute:


The Hecht Trauma Institute is a global provider of affordable, culturally-sensitive training, research, and consulting, opportunities for professionals and paraprofessionals serving persons affected by trauma.

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