

**Bulletproof Spirit: Trauma, PTSD, and the Process of Healing**  
*Emotional Survival and Wellness Strategies*

*A comprehensive blueprint for healthy, motivated, resilient officers*  
*Individual Success - Agency effectiveness - Community impact*

**4-Hour Course Hourly Distribution Schedule**

0800	Opening Comments Introduction Course Objectives
0815	Suicide-PTSD-Health Statistics/ Need for Emotional Survival awareness-training
0900	Warning Signs Self-Awareness Trauma and PTSD
1000	Emotional Survival Lessons Hypervigilance - EMDR
1030	Emotional Survival and Wellness Strategies
1130	Post-Traumatic Stress Peer Support Support from home
1200	Adjournment

