



NO COST VALOR Officer Resilience Training

Hosted by Alaska State Troopers | **Location:** 4805 Dr Martin Luther King Jr Avenue, Anchorage, AK 99507

Date(s): September 3-5 | **Time:** 8AM-4PM

This three-day, no cost direct training has been tailored to policing and will provide attendees with the skills to navigate adversity and grow and thrive in the face of challenges and stressors. The course is taught by culturally competent subject matter experts and focuses on empirically validated skills that prevent and decrease anxiety and depression and increase optimism and well-being. **Ten primary resilience skills will be taught in this course:**

- ▶ **Learned Optimism**
- ▶ **Avoiding Thinking Traps**
- ▶ **Real-Time Resilience**
- ▶ **Mental Games**
- ▶ **Hunt the Good Stuff**
- ▶ **Deliberate Breathing**
- ▶ **Signature Character Strengths**
- ▶ **Progressive Muscle Relation**
- ▶ **Identify, Describe, Express, Ask and List (IDEAL) Model**
- ▶ **Joy Multiplier**

Registration is limited to a maximum of 60 participants. Please register by August 20, 2024.

To register for the training, click [HERE](#).

NOTE: An IACP account is required to register for this training. Creating an account is free of cost and does not require IACP membership. After clicking the link above, select "Register" then "Log In to Register" and "Create a New Account."

For questions, contact OSW@theiacp.org.



This course is available through The International Association of Chiefs of Police (IACP), in partnership with the University of Pennsylvania's Positive Psychology Center, and the U.S. Department of Justice's Bureau of Justice Assistance (BJA) Preventing Violence Against Law Enforcement Officers and Ensuring Officer Resilience and Survivability (VALOR) Initiative and was supported, in whole or in part, by cooperative agreement number 15PBJA-22-GK-01406-VALO awarded by the U.S. Department of Justice, Office of Justice Programs. The opinions contained herein are those of the author(s) or contributor(s) and do not necessarily represent the official position or policies of the U.S. Department of Justice. References to specific individuals, agencies, companies, products, or services should not be considered an endorsement by the author(s) or the U.S. Department of Justice. Rather, the references are illustrations to supplement discussion of the issues.