

## Course Overview

This course is designed to equip participants with the skills to train others in peer support within law enforcement and affiliated professions. Participants will learn to assist peers in managing stress related to both law enforcement duties and life outside of the job, with a focus on postcritical incident support and everyday stress management.

**COURSE INFORMATION** 

## Important Information

- Class size is limited to 25 students
- No more than 4 personnel per agency
- Attendees are recommended to have some peer support experience or previous training

## Course Highlights

- National certification in peer support Active listening and stress management skills
- Emphasis on Positive Psychology and individual strengths
- Access to a national network of trained mentors





**Registration Link** 



APD Training Center 3760 W Dimond Blvd. Anchorage, AK 99502

Hosted by the Alaska State Troopers

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