



NO COST

VALOR Officer Resilience Training

Hosted by: Alaska Village Public Safety Officer | **Date:** Friday, September 6

Location: 4805 Dr. Martin Luther King Junior Ave, Anchorage, AK, 99507 | **Time:** 8am-4pm

Note: Registration is limited to those associated with tribal organizations.

This one-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. **Four primary skills will be taught in this course:**

I. Learned Optimism–

Teaches officers to notice and expect the positive, focus on what they can control, and take purposeful action.

II. Avoiding Thinking

Traps – Shows officers how to change counterproductive patterns in thinking that undercut resilience.

III. Real-Time

Resilience – Demonstrates how to shut down counterproductive thinking and build focus and confidence.

IV. Identify, Describe, Express, Ask and List (IDEAL) Model -

Outlines strategies for building trust and connection during difficult conversations.

Registration is limited to a maximum of 60 participants. Please register by August 26th.

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.

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