



HERRSCHER
CONSULTING

Recognizing Symptoms of PTSD and What to do About it

As police suicides continue to devastate the police profession, departments all over the nation are making it a priority to protect their officers. But many continue to search how.

Jorey developed **Recognizing Symptoms of PTSD and What to do About it** after friends of his become part of the blue suicides statistic, and he nearly becoming a statistic himself. Using his story, Jorey explains PTSD and other emotional trauma caused symptoms, what they do to us, to our families, and our relationships.

Jorey explains how, when and where to get help, coping mechanisms, and legal protections both for the officers and their departments.

There is healing, we are not alone, it is something we can recover from, and Jorey can show you how!

Contact us today to book Jorey for your next event, course or presentation!

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Recognizing Symptoms of PTSD and What to do About it Outline

- What is Post Traumatic Stress?
 - PTSD vs Cumulative Stress
 - PTSD vs CPTSD
 - Physiological changes with emotional stress
 - This is your brain on “Fight or Flight”
- How do we develop PTSD
 - What are the causes?
- Secondary PTSD
- I’m a “Dragon”
- Challenges of seeking help
- Symptoms
 - Intrusive Memories
 - Avoidance
 - Negative Changes in thinking and mood
- Learn to see symptoms in you and your relationships
- Changes in emotional and physical reactions
- Risk Factors
- Good News!
 - Officers: You are protected!
 - Departments: You are protected!
 - Treatment Availability and Options
- It usually takes a mentor to heal
- Should I see a Doctor? A Counselor? A Therapist?