



**March 3, 2026
8:00 am–5:00 pm**

Trauma-Informed: Building Resiliency in Public Safety Careers

As public safety professionals, it is essential to understand the impact of trauma and develop skills that foster resilience and promote well-being. Public safety professionals are exposed to traumatic and crisis incidents almost daily—at rates significantly higher than those of the general public. Therefore, first responders must recognize the signs and symptoms of trauma responses to intervene in ways that ensure the safety of everyone involved.

This course will explore the neurobiology of trauma and its impact on behavior. It will cover the stress cycle, common trauma reactions, and strategies to enhance on-scene safety and de-escalate crises. Discussions will include resiliency, emotional intelligence, and self-care for first responders. Through real-world examples, activities, and classroom dialogue, participants will gain a comprehensive understanding of trauma-informed responses applicable to promoting safety and resiliency for public safety professionals.

Key Takeaways:

- An understanding of the neurobiology of trauma and how it affects behavior in crises.
- The ability to recognize the signs and symptoms of a trauma response and build skills to safely intervene in crisis situations driven by trauma responses.
- Identify the stress cycle and how repeated exposure to traumatic incidents can lead to distorted thinking, emotional dysregulation, and altered reactivity to perceived crises.
- The skills to enhance their emotional intelligence and manage the impact of exposure to trauma on their mental, physical, and social health.
- How to enhance resiliency through appropriate self-care techniques.

Contact Us!

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**Scan the QR
code to view
our entire
training
schedule.**



8 hours

**Who should attend?
This course is designed
all public safety
professionals.**

**Hosted by:
Oxford Police
Department**



**Location:
Oxford Police Department
9 Industrial Park Dr.
Oxford, MS 38655**

**Cost: \$229
Early Bird: \$199 (expires 12/6/25)
Group Discount: \$199 (available after
Early Bird expires)
Registration: <http://bit.ly/4nnEh2C>**