



**April 27, 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.

**8 hours**

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

**Hosted by:**  
**Portage County  
Sheriff's Office**



**Location:**  
**Portage County Sheriff Outdoor Range**  
**9640 Coit Road**  
**Mantua, OH 44255**

**Cost: \$229**  
**Early Bird: \$199 (ends 3/2/26)**  
**Group (4+): \$199 after Early Bird**  
**Register: <https://bit.ly/4qNQznc>**

### **Contact Us!**

**(833) LE-TRAIN**  
**(833) 538-7246**

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code to view  
our entire  
training  
schedule.**

