

Ventura County CIT Course Outline

Post-Traumatic Stress Disorder (2 hours)

- A. Introduces Self and Background
- B. Objective is for officer to develop an understanding of PTSD in the community and the potential they can develop PTSD through a culmination of work experience in law enforcement
- C. Develop a deeper level of sympathy/empathy and understand that they too are not immune from having mental health symptoms in their lifetime
 - i. Reducing stigma
- D. Nature of PTSD
 - i. Characteristics Symptoms
 - ii. Causes of PTSD
 - iii. Single incident vs. cumulative experience
- E. Treatment of PTSD
 - i. Medications
 - ii. Psychotherapies
 - iii. Other treatments
- F. Other Considerations
 - i. Risk to Emergency Response Personnel
 - ii. Crime Victims and PTSD
 - iii. Partner death
 - iv. Grounding techniques to use with someone disassociating
 - 1. Officer safety
- G. Guest Speaking Officer that was involved in a shooting
 - i. Introduces Self and Background
 - ii. Personal Story
 - iii. Support and Lack Thereof
 - iv. Investigations
 - v. The Power of Communication
 - vi. How to Help
 - vii. What Not to Say
 - viii. Q&A of the guest speaking officer
- H. Q&A of the class segment