THE WORKSHOP: A NEW PARADIGM

Emergency responders each have a unique aspect to their jobs, they all have one thing in common: they are routinely confronted with violence and trauma, and are exposed to unfixable suffering. First responders are at increased risk for PTSD, depression, and suffering from moral distress, compassion fatigue and other mental health concerns.

This one-day workshop will walk participants through key aspects of Primary and Secondary Trauma and is designed to be engaging and interactive with creative discussion. We will focus on Resilience – and discuss best practices on how to help them grow their own capacity for increased strength and resilience.

THE FACILITATOR

Dr. Jeff Morley is a Registered Psychologist and Board Certified Expert in Traumatic Stress. Jeff recently retired as a Staff Sergeant after serving 23 years with the RCMP in British Columbia. He works extensively with first responders across Canada, and works closely with a number of first responder organizations providing trauma training and trauma interventions. Jeff’s presentation style is engaging, interactive, and is focused on providing practical tools to keep first responders physically and psychologically healthy.

WHEN

We will be hosting a number of one-day workshops specifically designed for the first responder community.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Paramedics</td>
<td>Police Officers</td>
<td>Firefighters</td>
<td>Communications Personnel</td>
</tr>
</tbody>
</table>

REGISTRATION

$250.00 per person. Class size will be capped at 20 people per session. Refreshments and lunch will be served.

Please visit [www.tema.ca](http://www.tema.ca) for more information or call us at 1-888-288-8036