

A close-up, black and white photograph of a greyhound's face, showing its eye and the characteristic speckled pattern on its fur. The image is the background for the top two-thirds of the page.

2020-2021

# COURSE CATALOG



**Deborah Louise Ortiz** - presentation/consulting rates: Four-Hour Block: \$1000 plus travel and expenses. Eight-Hour Block: \$2000 plus travel and expenses. Prices negotiable for multiple days of continuous training and for large groups. Classes with a second instructor will be negotiated.

### **The First Responder Family Unit**

The family unit and dynamic of a first responder family comes with a unique set of circumstances. While the family members are dealing with the day to day events of raising a family, working on dealing with the shift changes of their loved ones jobs, worrying about their safety on a daily basis, and keeping their relationship intact with these obstacles, are the families prepared for the added stress and trauma that their first responder may be dealing with? Many are kept in the dark about these issues, but the signs will present themselves. Unresolved stress and trauma will manifest itself physically and mentally and the early changes, more than likely, will be seen at home first. Learning to recognize and understand what these behaviors may look like and how to address them productively is the key to helping the first responder remain productive, mentally stable, and healthy.

**Duration:** 1-hour; 4-hour; or 8-hour format

#### **Learning Goals and Objectives**

- Participants will get the assistance needed to educate themselves and recognize the signs of unresolved and cumulative trauma which could lead to changed irrational behavior, substance or alcohol abuse, trouble sleeping, isolation and hyper vigilance.
- Participants will learn ways to address these issues in a productive and safe manner.
- Participants will be given the tools needed to address self-care for themselves, support systems for the family to help improve wellness and their relationships.
- Participants will learn the importance of therapy for those needing assistance as resources and guidance are given.

### **When PTSD and suicidal idealizations are present**

Family members will understand and learn how unaddressed anxiety, stress, trauma, and depression can lead to PTSD and possibly suicide. They will learn to recognize the effects these symptoms have on the human body physically and mentally. The goal is the awareness and education in the prevention of PTSD and suicide, but when PTSD is present, the education, and tools needed to address this will give the first responder and their families a fighting chance to work towards positive change for all involved.

#### **Learning Goals and Objectives:**

- Participants will identify stress, triggers, flashbacks, and reactive behaviors and how to address as a family unit.
- Participants will learn how each family member can play a positive role in the first responders process for healing.
- Participants will learn how to make self-care a priority for themselves as they work together as a family working on mindful and positive coaching styles.
- Working towards help and answers

This course is an absolute necessity for family members. Speaking openly and honestly about mental health helps to minimize the stigma involved for first responders. A safe environment to

address feelings that cannot be addressed at the department, is essential for a healthy first responder and family unit. Support is necessary at home for all.