

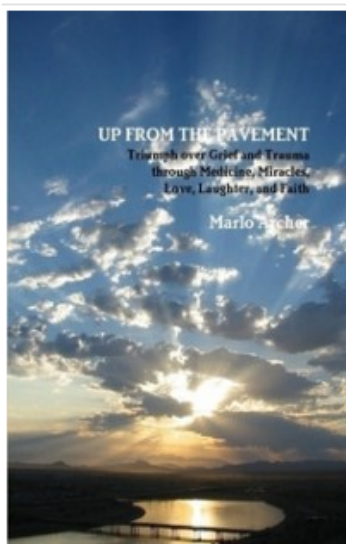


www.facebook.com/CoolKidsof911
 "It's a Great Day to Dispatch!"

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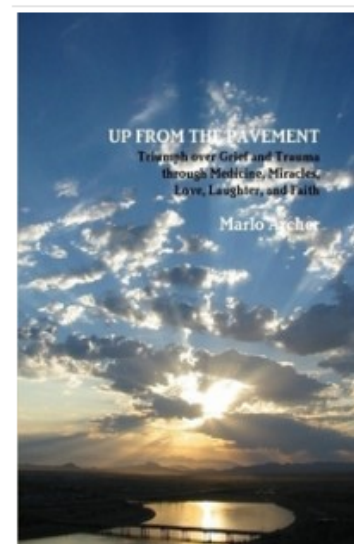
Arizona
 Psychodrama

INSTITUTE



Proudly Present:

Up
 From
 The
 Pavement
 --The Handout--



REAL INFORMATION YOU CAN TAKE WITH YOU

NENA-STA-002 Stress Standard

1. Minimum 8 hours of Stress Management Training Yearly
2. On-Site PSAP Educational Materials (Library)
 THIS DOCUMENT COULD BE ITEM #1 IN YOUR COLLECTION
3. SOP Ensuring Commo Participation in C.I.S.M. Events, Including Debriefings
4. Establish Employee Assistance Programs (EAP)
5. Identify Local Therapists Who Specialize in Treatment of Stress and Traumatic Stress
6. Establish PSAP Peer Support Programs
7. Provide Comprehensive, OnGoing, Certification Training on Structured Call-Taking Processes; Including Suicidal Callers and Mental Illness
8. Implement Personal Health Incentivizing Programs

CSMP: Comprehensive Stress Management Program
 EMDR: Eye Movement Desensitization & Reprocessing

Psychodrama: Use Spontaneous Dramatization and Role Playing to Investigate & Gain Insight Into Your Life

Stress Tips from Dr. Marlo

Seek help from a professional for physical discomfort, unwanted behaviors or excessive emotions. Find a mental health professional at www.PsychologyToday.com Choose a psychologist, therapist, counselor or social worker.

Demonstrated Psychological Techniques:

1. Positive Psychology - Gratitude List / Shifts Focus from Negative to Positive / Write Until Your Focus Shifts / Get Suggestions From Others if You Are Stumped
2. EMDR - Safe Place & Butterfly Hug; Design Your Own Safe Place / Envision it and do Bilateral Stimulation / Deep Breath, Pause, Continue / Stop if Uncomfortable, Worried or Scared
3. Psychodrama - Tapping into Inner Resources: Who Could Solve This Problem / Take on that Role / Advise Yourself as that Person / Hear the Advice as Yourself

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