



Firefighter Psychological Trauma & Suicide

Continuing Education & Customized Training

Overview:

Firefighters are routinely exposed to stress-inducing and psychologically taxing situations throughout their careers. As such, they are at high risk for trauma and stress-related disorders. This may result in a host of health complications with the worst possible outcome being death by suicide, which ironically, completes a vicious circle and puts peers at risk. This educational session is designed to explore many facets of this serious phenomenon and provide the base understanding and knowledge necessary to implement a departmental prevention and mitigation program.

The 3 hour CEU course topic outline is as follows:

1. **Psychological trauma**
 - a. Definition
 - b. Statistics
 - c. Common/healthy reactions
2. **Fire Service Culture**
 - a. Stigma
 - b. "Cowboy" or "man" up
 - c. Syndemics
3. **PTSD**
 - a. Historical perspective
 - b. Diagnostic criteria
 - c. Incidence and prevalence (general population and firefighters)
 - d. Causes (internal, external, biological)
 - e. Neurophysiology
4. **Other Stress Disorders**
 - a. Secondary trauma stress (STS)
 - b. Compassion fatigue
 - c. Vicarious trauma
5. **Other trauma-related consequences**
 - a. Depression
 - b. Anxiety
 - c. Relationship problems
 - d. Productivity decline
 - e. Endangerment of peers
 - f. Suicide
6. **Treatment**
7. **Resources**
8. **Policy considerations**



This course is funded through the MBFTE. The objective is to offer training in partnership within the 15 fire regions, and jointly within the region.

Our instructors are highly experienced with a solid understanding and passion to present this training.

Class Date and Time:

Monday, April 24, 2017
6:00 pm – 9:00 pm

Class Location:

Pine Technical & Community College
Pine Innovation Center Building
Classroom 7107
Pine City, MN 55063

Please Pre-Register with Dawn by
Monday, April 17th

Dawn Sandberg at 320.629.5184
Or sandbergd@pine.edu

Goals

By the end of the course students will be able to...

1. Explain psychological trauma and associated mental health conditions.
2. Identify situations that may put firefighters at risk.
3. Recognize warning signs of distress.
4. Identify the role of culture and other potential risk factors.
5. Identify strategies and resources for preventing psychological trauma and suicide.
6. Create informed policies designed to foster a healthier department.

