

Frontline workers and significant others are invited to

Bulletproof Spirit: Trauma Recovery, Resilience, and Wellness

Emotional Survival and Wellness Strategies with Captain Dan Willis (ret)

This emotional survival and wellness training course provides evidence-based proactive wellness strategies that increase resiliency, health, wellness, work interest and effectiveness, trauma recovery, and survivability.

Objectives

- Attendees will learn how the daily traumas of their profession can injure the brain causing Post-traumatic stress and a myriad of other psychological and emotional distress. They will gain an understanding of trauma and how it affects resiliency, motivation, quality of service, health and wellness.
- Attendees will learn symptoms of Post-traumatic stress injuries (including warning signs) from case studies and effective methods for prevention, recovery, and healing
- Attendees will learn several proactive wellness strategies that mitigate the effects of trauma, enable greater resilience, and promote wellness physically, emotionally, mentally, and spiritually.

When

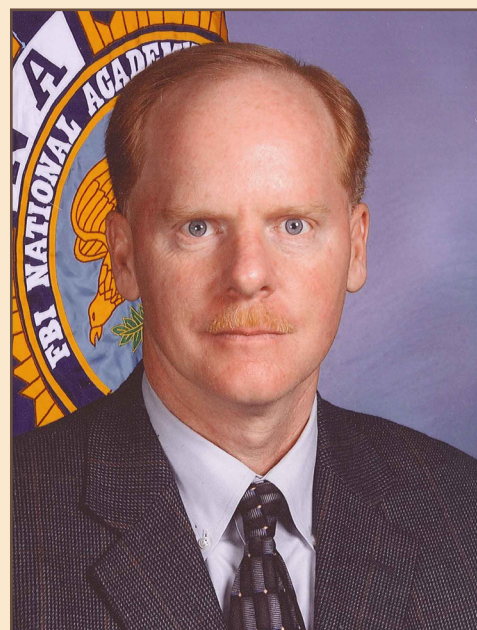
Tuesday, October 11
7:00 PM - 9:30 PM

Where

Reif Center Wilcox Theater
720 Conifer Drive
Grand Rapids, MN

No Registration Required

If you have questions about this presentation please contact NAMI Grand Rapids, (218) 999-7658



Captain Dan Willis

Captain Dan Willis (ret) served with the La Mesa (CA) police for 30 years as a crimes of violence-child abuse-sexual assault-homicide detective, SWAT Commander, Wellness Unit Coordinator and Peer Support team leader. He is a graduate of the FBI National Academy for senior police managers where he studied trauma and emotional survival. He's also a graduate of San Diego State University in Criminal Justice. He's the author of "Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart." He is a stepfather to five children and lives with his wife in San Diego.