



# RIVERSIDE COUNTY PROBATION DEPARTMENT

Serving Courts • Protecting Our Community • Changing Lives



**Course Title: (Class 21.10: Emotional Survival)<sup>1</sup>**

**Hours of Instruction: 2**

**Course Objectives:**

- 21.10.1 Identify signs and symptoms of emotional distress for the officer. (MCT)
- 21.10.2 Define signs of secondary and vicarious trauma (as it relates to staff). (MCT)
- 21.10.3 Identify appropriate responses to a critical incident to ensure staff emotional health is addressed. (MCT)
- 21.10.4 Identify the factors an officer should consider related to secondary trauma while preserving a crime scene. (MCT)
- 21.10.5 Identify EAP services and how stigma can affect an officer's willingness to access them. (MCT)

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<sup>1</sup> Riverside County hires an external instructor to teach this class; therefore, the material is not available for review as it is not property of the Riverside County Probation Department.