



# RON SMITH & ASSOCIATES, INC.



## PSYCHOLOGICAL SURVIVAL IN A VIOLENT CAREER

### Course Description

This is a two-day training intended to equip the student with the psychological knowledge to enjoy a full career as a police officer, firefighter, paramedic or other first responder. The course is constructed around Dr. Christiansen's 25 years as a psychologist serving nearly thirty agencies. A broad philosophical base is discussed, which serves as the foundation for the remainder of the course. Once this foundation is laid, psychological concepts are presented which help students understand how the brain works, and the effects of trauma upon psychological functioning. Through lecture, discussion and real-life application, the student will be able to identify more of the specifics that contribute to mental illness such as anxiety, depression, PTSD, and addiction. Most first responders have not formed a plan for dealing with trauma and the old school mantra of rubbing dirt on it still prevails. This course will provide the student with an increased awareness of trauma and the days, weeks, and months that follow. Real-life examples are used to demonstrate each point and student experiences are incorporated as well.

By understanding three different philosophical perspectives, the student will more likely appreciate his/her own strength and yet welcome the strengths of coworkers. This understanding often eases tensions between officers and allows persons with different agendas to improve relationships. The same is true when an officer increases self-awareness and cultivates an improved understanding of others.

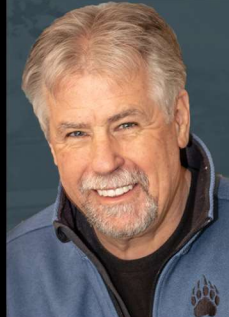
The course is designed to help officers accurately self-assess stress and the potential to make career-ending mistakes. Various stressful situations are discussed along with the decisions that affect mental health. Also considered are the consequences when signals are ignored, avoided, or overridden.

### Instruction Includes


- Lecture
- Video
- Group discussion
- Self-assessment tools

### Target Audience

The class will be helpful to persons serving as law enforcement officer, firefighter, paramedic, EMT or other first responder. It is intended to provide help to those frequently exposed to trauma. It is also appropriate for those exposed to secondary trauma such as social workers, court reporters, and attorneys.



**Class Instructor:**  
**David Christiansen,**  
**Psy.D.**



### Course Logistics

**When:**

August 26-27, 2025

**Class Times:**

08:00 AM - 05:00 PM

**Where:**

Johnson County Sheriff's Office

11890 S. Sunset Drive

Multi-Purpose Room

Olathe, KS 66061

**Tuition:**

\$400.00

### Local Contact

Troy Mohror

Forensic Science Supervisor

Johnson County Sheriff's Office

913-826-3235

troy.mohror@jocogov.org

# Daily Schedule

DAY 1	
8:00 a.m. – 10:00 a.m.	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Philosophy: the foundation of knowledge and life</li> </ol>
10:00 a.m. – 10:15 a.m.	<b>BREAK</b>
10:15 a.m. – 12:00 p.m.	Understanding the Human Brain: Brain Hemispheres, functions, and issues.
12:00 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:00 p.m. – 2:30 p.m.	More Issues in the Right Brain
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 5:00 p.m.	DVD and Discussion
5:00 p.m.	<b>END OF DAY</b>

DAY 2	
8:00 a.m. – 8:30 a.m.	Review Day One Highlights
8:30 a.m. – 10:00 a.m.	<ol style="list-style-type: none"> <li>1. Catch 22 and Double-bind situations: Damned if you do or don't.</li> <li>2. Shots fired and officer-involved shootings.</li> <li>3. What happens when you discharge your weapon?</li> <li>4. Commitment to Values</li> <li>5. Discussion and Small Groups</li> </ol>
10:00 a.m. – 10:15 a.m.	<b>BREAK</b>
10:15 a.m. – 12:00 p.m.	<ol style="list-style-type: none"> <li>1. Home life, self-care, and inappropriate relationships.</li> <li>2. Combining personal issues with philosophy; putting this all together.</li> </ol>
12:00 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:00 p.m. – 2:30 p.m.	<ol style="list-style-type: none"> <li>1. The Steve Chaney Story: When your partner is killed.</li> <li>2. The Mike Buckingham Story: Keeping Yourself Alive.</li> <li>3. Discussion Questions</li> </ol>
2:30 p.m. – 2:45 p.m.	<b>BREAK</b>
2:45 p.m. – 4:00 p.m.	<ol style="list-style-type: none"> <li>1. Resiliency and Hardiness</li> <li>2. Support Systems and Curative Factors</li> <li>3. Critical Incidents, Debriefing, Peer Support, Counseling</li> <li>4. Agency Culture</li> </ol>
4:00 p.m. – 5:00 p.m.	<ol style="list-style-type: none"> <li>1. Summarizing the training</li> <li>2. Thank you</li> </ol>
5:00 p.m.	<b>END OF TRAINING</b>

## Should be Able to Perform

- An accurate description of trauma, for self and others.
- Several steps to take when traumatized.
- Identify personal characteristics which are stress-resistant.
- Identify the philosophical and Left/Right brain origin of stressors.

## Must Bring to Class

Must bring to class: pen, even if taking notes on a computer or pad  
Dress is business casual

## Helpful Lodging Information

Embassy Suites by Hilton Kansas City Olathe  
10401 S Ridgeview Rd.  
Olathe, KS 66061  
(913) 353-9280

Please click [here](#) for reservations

Comments on Training Site:

Limited parking in front of the lab, but this is shared with the building next door. Street parking is also an option.

Holiday Inn Express & Suites Olathe West  
10360 S Ridgeview Rd.  
Olathe, KS 66061  
(913) 541-9999

Please click [here](#) for reservations

## Online Class Registration

Visit us at: [www.RonSmithandAssociates.com](http://www.RonSmithandAssociates.com) and register today!