

# Institute for Criminal Justice

## Daytona State College



## Stress Management Techniques

### CJSTC Course # 050

**40 Hours**

Monday, March 25 – Friday, March 29, 2024

8 AM – 5 PM

Location: DSC [Advanced Technology College](#)

Salary Incentive or Mandatory Retraining

**COURSE:** This course will enhance an officer's or supervisor's ability to deal with stressful situations and the cumulative stress that is inherent in the criminal justice profession. In addition, this course will help officers recognize inherent stress in others, in the work environment, or community in which they interface.

**NOTE:** Students are required to attend all sessions of the course and pass a written final exam with a minimum score of 80%.

**TOPICS COVERED:** Assessment of Stressors & Reactions, Personal Stress Management Techniques, The Role of Physical Fitness & Nutrition, Dealing with Critical Incident Stress & PTSD, Substance Abuse, Managing Change, The Role of Family and Friends and Resources in Managing Stress, Emotional Survival, and Police Use of Force.

**INSTRUCTORS:** Retired MPO Raul Rivas (Orlando PD)

**COVID-19:** Daytona State College continues to evaluate current conditions and ensure a safe environment in which to learn. We request that you adhere to the College's guidelines as safety is our primary concern for you and those around you. More information on DSC's COVID-19 guidelines can be found [here](#).

**THIS TRAINING COURSE IS CJSTC TRUST FUNDED  
REGION 7 OFFICERS HAVE FIRST SEATING PRIORITY**

**TO REGISTER:**

Please email a completed Daytona State College Training  
Registration [Form](#) to  
[FDLETraining@daytonastate.edu](mailto:FDLETraining@daytonastate.edu)



For more info, scan the code or  
got to- <http://bit.ly/3yb9v64>

[For Questions](#)

(386) 506-4141  
[Lakeshia.Mobley-Edwards@daytonastate.edu](mailto:Lakeshia.Mobley-Edwards@daytonastate.edu)

Daytona State College - ATC  
1770 Technology Blvd.  
Daytona Beach, FL 32117  
(386) 506-4204