



SPEAKERS BUREAU



Presentation Information

Presentation Category	Emotional/Survivalist Mindset
Presentation Title	Bulletproof Spirit: Trauma, PTSD, and the Process of Healing: Essential Guide toward Emotional Survival and Wellness
Presentation Length	60 - 240 Minutes
Presentation Objective	To provide proactive emotional survival and wellness strategies to heal from trauma, strengthen resiliency, prevent suicide and PTSD, remain motivated, develop an agency wellness program, and methods to make a positive difference in your service, your agency, and within the community.
Presentation Description	<p>Suicide is the #1 cause of death for police officers every year with an estimated nearly 20% suffering from PTSD and many others from addictions, depression, low motivation, and various mental and emotional illnesses. The daily traumas of the job can not only injure our brain (PTSD) but can kill us (suicide).</p> <p>Officers and dispatchers suffering from trauma are incapable of providing ethical, professional police services, leaving communities vulnerable.</p> <p>This training details how the daily traumas of law enforcement are toxic and cumulative, causing PTSD and potentially crippling one's ability to be safe and to serve. It details how traumas injure us internally and prevents us from being able to sustain close meaningful relationships. It provides personal case histories of PTSD and the process of healing. The training</p>

	<p>details over 20 proactive wellness strategies, discusses peer support and family support, ways to counteract hypervigilance, the warning signs of being affected by trauma, and offers how to create an agency wellness program.</p>
Speaker Name & Session	Dan Willis, NA Session 241
Speaker Phone Number	619-889-0456
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Speaker's Biography	<p>Captain (ret) Dan Willis served with the La Mesa Police Department near San Diego for nearly 30 years. He is a former crimes of violence, child molest, homicide investigator and SWAT Commander and leader of the peer support team and Wellness Unit. He is a national instructor/trainer for the International Academy of Public Safety and for the National Command College.</p> <p>Capt. Willis has given over 160 presentations in 26 states and in Canada, including at the FBINAA national conference. He has also presented at the FBI National Academy where his career survival manual and emotional survival and wellness guidebook, <i>Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart</i> has been required reading in certain classes.</p> <p>The book and material in the class has been endorsed by Kevin Gilmartin, Ph.D.; Bobby Smith; Lt. Col (ret) David Grossman; Nancy Bohl-Penrod Ph.D. of the International Association of Chiefs of Police, and many others involved with emotional survival for police. An officer from Louisiana wrote after the class, "This training is the most useful and meaningful that I have attended in my 25 years of service."</p>