

Certification Training for Peer Support

Prep, Shift and Reset™: A Specialized Training

This program provides peer support essential tools and best practices to mentor and teach officers:

- How to prepare for challenging events.
- How to quickly regain control of their physical, mental, and emotional states after their conclusion.
- How to move back into a centered and composed state before their next encounter.

Evidence-based techniques proven effective for tens of thousands of police officers globally.

Backed by research and built on the foundation of HeartMath's Coherence Advantage™.





Why Every Officer Needs the Benefits of this Skill

We have all seen or know of good officers whose careers has been destroyed by a single action. An action that seemed inexplicable to those who knew the officer. While many outside the agency will be quick to blame the officer, we believe the reality can be very different. That in the majority of cases, the root cause of impaired judgement is the cumulative effect of stress from daily interactions, both large and small. Officers who lack basic training in shifting and resetting back to a centered and composed state after each of these interactions are particularly vulnerable.

Key Benefits of Practicing the Skillset

- ▶ Ability to quickly reset the mental, emotional and physical systems
- ▶ Increased awareness and self-management of stress reactions
- ▶ Increased situational awareness and mental clarity for decisions
- ▶ Ability to maintain composure in challenging situations
- ▶ Reduced distress, anger, sadness and fatigue
- ▶ Reduced sleeplessness and physical symptoms of stress

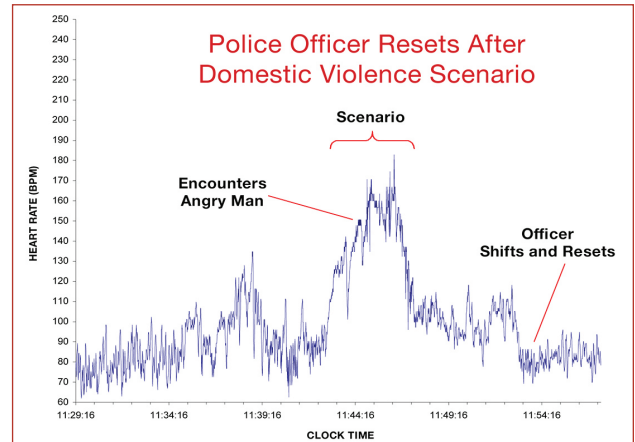
Evidence-based

In the HeartMath® graph below from a study published in *Global Advances in Health and Medicine*, an officer who was taught how to shift and reset was able to bring his physical back into balance almost instantly. For officers that did not take charge and reset, it took on average over 60 minutes for their heart rate to return to normal.

The ability to shift and reset is also of prime importance at the psychological level.

Stress hormones released during a stress response and incoherent

activity in the autonomic nervous system are now known to suppress the function of higher brain centers concerned with concentration, inhibition of inappropriate responses or distractions, effective planning, decision making, morale reasoning, and other forms of rational thought.



The Science of Composure and Effective Action

At the physiological level, peer support members learn to teach fellow officers to shift from an incoherent heart rate pattern to a coherent heart rate pattern. When officers heart rhythms are incoherent they are the most prone to mistakes.

About the Course

Prep Shift and Reset for Peer Support is taught by fellow officers (many from the Blue Courage Organization) who have learned for themselves, the benefits of taking charge. This short course is available both online and in person.

Supplemental Materials

While not required, it is recommended that the Peer Support Team have access to HRV Coherence practice devices. Even starting with a few units that can be shared with Team Members and those they work with can be beneficial.

