



HEAL THE BADGE

Consulting, LLC

Healing the Badge

Emotional Resilience Tools for Contentment Within, Outside and Beyond the Law Enforcement Career

The topics of self-care, emotional resilience and overall emotional wellbeing are extensive and multifaceted. These subjects are even more complex in the law enforcement realm, where hypervigilance and a constant barrage of trauma are ubiquitous. This one-day course is designed to provide resilience tools, assisting the law enforcement professional experience contentment and success in a professional, personal and family context. Whether you are employed in the capacity of a police officer, dispatcher, victim advocate or other law enforcement role requiring you to interact with traumatic circumstances, you incur a substantial measure of vicarious and/or direct trauma. The empathy exuded necessary to effectively execute professional responsibilities and assist crime victims, exacts an emotional and biological toll on you. You have spent a career shouldering the burdens of others, and while there are obvious intrinsic rewards associated with this sacrifice, the negative consequences exacted on you and your family cannot be ignored. This course integrates professional and personal experience with scientific research, providing resiliency tools to assist you in achieving contentment and happiness within, outside and beyond your criminal justice career.

Instructor Biography: Sergeant Joshua Browne, M.P.S.

Sergeant Josh Browne began his career with the San Diego Police Department in 1999, relocating his family to Utah in 2006, where he continued his law enforcement career with the West Valley City Police Department. He has operated as a patrol officer, field training officer, youth detective, SVU (Special Victims Unit) detective, and a patrol sergeant. He currently supervises the Community Policing Unit within the West Valley City Police Department. Sergeant Browne graduated from Excelsior College (Albany, NY) in 2011 with a BS in Liberal Studies and an emphasis in History. He completed the Security and Safety Leadership Program at The George Washington University (Washington, D.C.), earning a Master of Professional Studies (2013) and a 4.0 GPA. Sergeant Browne is currently operating as an adjunct professor within The George Washington University's Master of Homeland Security Program, as well as a Visiting Professor of Justice Administration at DeVry University, teaching a plethora of criminal justice, homeland security and leadership related courses, in conjunction with the continuation of his law enforcement career. Sergeant Browne has served on the DeVry University Justice Administration Curriculum Committee, collaborating with other academic and law enforcement professionals related to program content and standards. He created Heal the Badge Consulting (healthebadge.com), focusing on the fortification of law enforcement professionals, leaders and their families, by providing the necessary resilience tools for success within, outside and beyond the law enforcement career.

Physical/Emotional Health Link, Developing Talents, Asserting Autonomy, and Pursuing Achievement as Self-Care Catalysts.

Goals and Gratitude: Keeping Happiness inside the Cognitive Horizon.

Relationships and Happiness: Fortifying Families and the Broad Support Network

Addressing Hypervigilance, Overcoming Cynicism, Burnout, Vicarious and Direct Trauma, and Posttraumatic Stress: The Pursuit of Post Traumatic Growth and Learned Optimism

Multidirectional Leadership: Overcoming Legacy Cultural Impediments towards Addressing Emotional Needs



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