



# *NORTHWEST CHAPLAIN'S CONNECTION*

July 2012

International Conference  
of Police Chaplains  
Northwest Region 2  
[www.icpcnw.org](http://www.icpcnw.org)

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Greetings Northwest Region 2 Chaplains

## Resilience

***Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems, or workplace and financial stressors. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that anyone can learn and develop.***

The Statement is a quote from the American Psychological Association and I am using it to help me with some training material. I want to focus on the thought – What do I do on Purpose to Create or Allow Resilience to Grow? I stretch each time just before I exercise and have discovered that I am not as sore. I have other disciplines that I accomplish to build Sustainability for the day. One of those is to exercise my Faith at the beginning of the day – it builds Resilience and Sustainability. I have noticed that my Anger Management is more Effective. What are we doing to Build Resilience?



A little more if you please from the Journal of the American Psychological Association. Here are other great opportunities to assist us with Resilience -

**Make connections.** Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need can also benefit the helper.

## Resilience (con't)

**Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**Find positive ways to reduce stress and negative feelings.** Following a stressful event, many people feel they need to turn away from the negative thoughts and feelings they are experiencing. Positive distractions such as exercising, going to a movie or reading a book can help renew you so you can re-focus on meeting challenges in your life. Avoid numbing your unpleasant feelings with alcohol or drugs.



**Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

I have recently listened to a spring as it flows from the ground to create a stream going down the hillside. I've watched the grin and laughter that comes from a child when they are happy – my grandchildren. I've sat and enjoyed the best Latte in the world with my Bride – it all brings self-discovery.

The Focus of my life is my Relationship with God. Here's what the Psalmist proclaimed concerning God's Care for us no matter what we are going through - Ps 121:1 I will lift up my eyes to the mountains; From where shall my help come? 2 My help comes from the Lord, Who made heaven and earth. 3 He will not allow your foot to slip; He who keeps you will not slumber. 4 Behold, He who keeps Israel will neither slumber nor sleep. 5 The Lord is your keeper; The Lord is your shade on your right hand. 6 The sun will not smite you by day, nor the moon by night. 7 The Lord will protect you from all evil; He will keep your soul. 8 The Lord will guard your going out and your coming in from this time forth and forever.

Chaplain Jim Crowley  
ICPC Northwest Region 2 Regional Director

# **INTERNATIONAL CONFERENCE OF POLICE CHAPLAINS**

*Serving All Law Enforcement Chaplains*

**39th Annual  
Training Seminar  
Spokane, Washington**

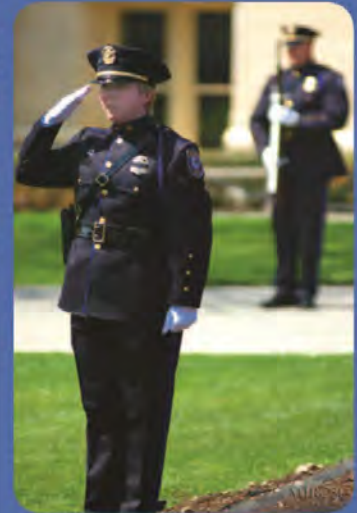
**July 9-13, 2012**



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# NORTHWEST CHAPLAIN'S CONNECTION

## EMOTIONAL SURVIVAL TRAINING for First Responders

Thursday, September 20, 2012

8:00am to 4:30pm

Tillamook Bay Community College  
4301 Third Street  
Tillamook, Oregon

**\$75**

OR DPSST credit is available, certificates presented for other states  
registration deadline is **September 1, 2012**

for registration information, contact

[celms@co.tillamook.or.us](mailto:celms@co.tillamook.or.us)

503.812.8518



This presentation is designed to assist first responders by the development of behavioral strategies to inoculate against loss of idealism and inappropriate behavior patterns. It will review the short and long-term effects on first responders on both the personal and professional aspects of their lives. The course will discuss how the initial enthusiasm and desire to professionally contribute can be transformed into negative cynicism, social distrust and hostility to the world at large that significantly impacts the professionals work performance, decision-making and ultimately over-all quality of life. The course will also review the impact on the children of first responders in terms of school functioning and health. The goal of the course is to have the first responders review the potential impact the career causes in the personal life and to develop strategies for overall emotional survival. The strategies are designed to permit the professional to continue functioning effectively and ethically without "burning-out" and without resorting to emotional isolation from friends and colleagues.

Emotional Survival will review the causes of and interventions for

Cynicism	Malcontentism
Relationship Failures	Supervision Issues
Integrity Loss Issues	Aggression Issues
Situational Values	Victim-Based Thinking
Entitlement Orientation	Loyalty vs Integrity

"This course lets me review and rethink how I relate to my department, the public and my own family."  
20 year veteran first responder

"Now we understand how things can turn bad at home so quickly after work." husband and wife

"I started out loving this job, then I began hating it and counting the years until retirement.  
Now I know what is going on and how to correct it." 12 year first responder

This course will benefit all first responders: 911 dispatch, fire, law enforcement, paramedics,  
ER personnel, disaster responders, CISM and mental health professionals who care for first responders.

Dr. Kevin Gilmartin

Dr. Kevin Gilmartin is a public safety behavioral science consultant working with First Responder agencies in the US and Canada. He previously spent 20 years in Law Enforcement in Arizona. During his tenure he supervised the Hostage Negotiations Team and the Behavioral Sciences Unit. He is a former recipient of the IACP National Police Officer Citation Award for contributions during hostage negotiations. He

He holds a Doctoral Degree in Clinical Psychology from the University of Arizona. He is a guest instructor at the FBI Academy in Quantico, Virginia and instructs on a continuing basis for the Royal Canadian Mounted Police. He is a veteran of the United States Marine Corps and resides in Tucson, Arizona and Clackamas County, Oregon

This training is sponsored by Tillamook County Public Safety Chaplaincy.

Tillamook Shilo Inn & Suites will honor the government rate of \$77 single or \$87 double plus tax for this training.  
503.842.7871 2515 N Main Avenue, Tillamook OR 97141

## NORTHWEST CHAPLAIN'S CONNECTION

### Pacific Northwest Disaster Response Team

Please contact Chaplain Russ Guppy at [russguppy@gmail.com](mailto:russguppy@gmail.com) if you are interested and able to be on the Pacific Northwest DRT.



The **Police & Fire Chaplain's Training Academy** has provided training to over 400 chaplains from the Pacific Northwest and as far away as the Philippines and Papua New Guinea. The program provides 44 hours of classroom training, 12 hours of direct contact experience and 3 hours of seminar training. Training is provided at the Washington Criminal Justice Training Commission in Burien, Washington. **NEXT SESSION is scheduled for October 7-12, 2012.** You can contact the Academy at (253) 564-7848 M-F: 8am-4pm. The Mailing Address is Tacoma-Pierce County Chaplaincy (T-PCC); 6312 - 19th Street West, Suite C, Fircrest, WA 98466

Look them up on the web at <http://www.firechaplaintraining.com>



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Northwest Region #2*

*Chaplain Jim Crowley, Regional Director*

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Remember to visit our website at [www.icpcnw.org](http://www.icpcnw.org) for information and resources

#### Northwest Chaplain's "Connection"

The purpose of the Northwest Chaplain's "Connection" is to provide a point of communication to share training opportunities in our region, and to provide support and encouragement for one another.

Please send your brief articles, dates to remember, and suggestions to [jbcrowley@bendbroadband.com](mailto:jbcrowley@bendbroadband.com) by the 10th of each month.