



The Best Books on Police Stress, Trauma and Suicide

Police Suicide Prevention and Mental Health

Police Suicide Law Enforcement Mental Health Alliance

Police Suicide Books: "ON THE EDGE"

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Alliance Members

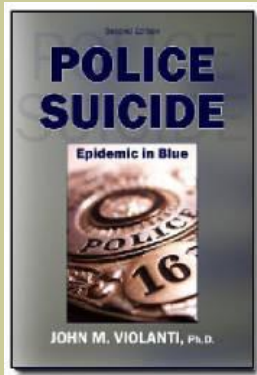
HOT TOPICS

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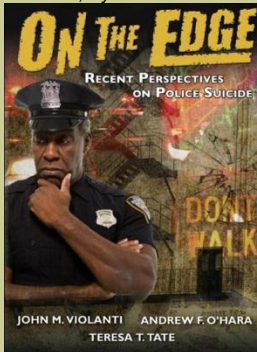
LINE OF DUTY POLICE SUICIDES

Best Books on Police Stress, Trauma and Suicide

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Police Suicide, Epidemic in Blue, by John Violanti



On the Edge, Recent Perspectives on Police Suicide

[POLICE SUICIDE, EPIDEMIC IN BLUE](#)

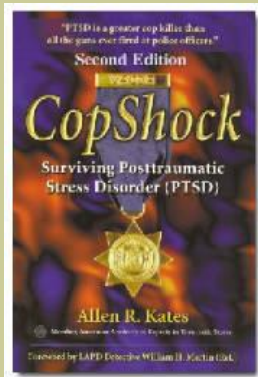
[BLUE](#): The single most important book that should be read on police suicide. It leads the field in police literature on the topics of the police lifestyle, stress, trauma and suicide. John M. Violanti succinctly points out how difficult it is to identify the problems when police agencies continue to hide and misclassify suicides under the ignorant premise that they are "shameful." The result, he demonstrates, is that the picture of the problem remains confusing and that it has been only through indirect means that we have been able to even project there's a true problem.

In [On the Edge, Recent Perspectives on Police Suicide](#)

John Violanti, Andy O'Hara and Teresa Tate extend their academic research and knowledge on the subject to a national level. Two of the authors, who have personally dealt with the aftermath of suicide, add a realistic description of what it is like to be "on the edge." Violanti is a former NY State trooper and is now the nation's foremost researcher on police suicide. Andy O'Hara is a retired California Highway Patrol sergeant who survived a near suicide and describes the feelings and pain he felt and how officers get to that point. Teresa Tate, a survivor of law enforcement suicide, cites case examples of the impact on families left behind. O'Hara presents a description of the pioneer "Badge of Life"

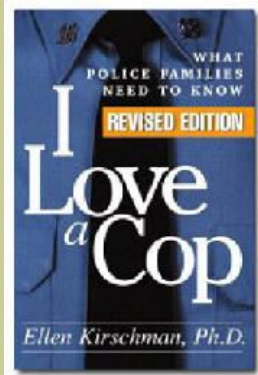
program, which seeks to "depower" police trauma and, instead, "empower" the officer. In doing so, they will be prepared not only for stress but for trauma before it occurs and know what to do when it does.





Cop Shock

COPSHOCK, 2nd Edition: This second edition is a valuable follow-up to the first, with new chapters that carefully lay out what PTSD is and how officers can take steps now to "prepare for the inevitable." Kates encourages officers to set up a support system before a critical incident occurs, which includes friends and family, peer counselors, therapists and support groups. Highly interesting is a new chapter (9/11) in which he discusses the dilemma of "delayed onset." The chapter on "Resiliency" is also a thoughtful one that offers suggestions on developing what the author calls a "resilience" to future traumatic events by broadening one's viewpoint, acceptance, considering support groups, and taking advantage of a mental health professional to develop a healthy strategy for moving ahead.



I Love a Cop

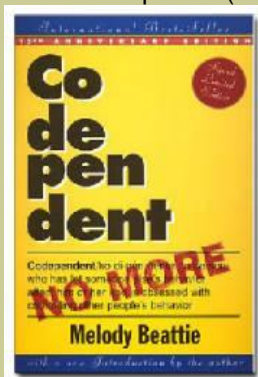
I LOVE A COP is for families of police officers (and officers) on the lifestyle in a law enforcement career. The author does a insightful job of explaining the emotional strains of shifts and job stresses, how officers change, and the strain put on a family. This is a book full of support and resources, including recommendations for therapy when needed--valuable reading for families and officers.



SURVIVING THE SHADOWS: Delving into the world of post-traumatic stress (PTS) with powerful and inspiring stories from an array of people who have suffered from it directly or indirectly, this book offers an insider's view of the dark and lonely world of this disorder. Culling together inspiring stories from his own experiences, author [Bob Delaney](#) combines stories of personal triumph--including his own--with accounts of doctors who have developed groundbreaking methods in dealing with the disorder, and profiles of one-of-a-kind programs around the country devoted to assisting sufferers.



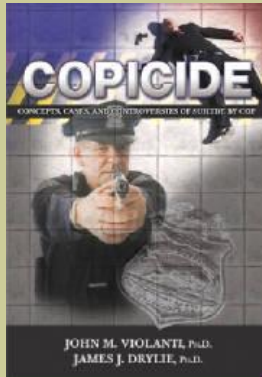
ANXIETY DISORDERS IN ADULTS: Contains excellent information on anxiety disorders in general and on PTSD, with focus on both catastrophic and cumulative PTSD, multiple trauma experiences, treatments and a table of "client metaphors" (D. Meichenbaum) for symptoms.



Codependent No More

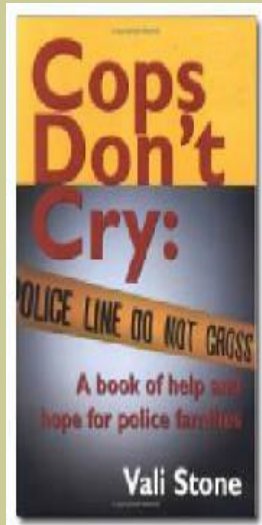
CODEPENDENT NO MORE: A classic text, of value to many in law enforcement, showing through personal examples and exercises, how controlling others in their personal lives forces them to lose sight of their own needs and happiness. This is a book designed to awaken the reader to many of the behaviors that can complicate a law enforcement career and endanger relationships; also for spouses.





Copicide

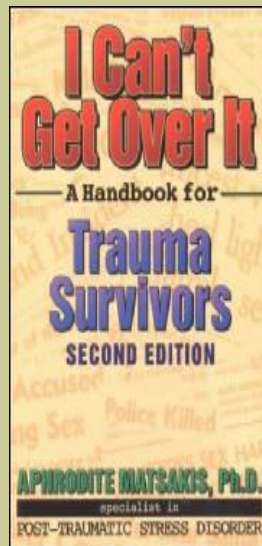
COPICIDE John Violanti and James Drylie provide an informative examination of the phenomenon often called "suicide by cop," increasingly known by the term, "copicide." Case examples explore the wide variety of officers. Violanti and Drylie examine each in detail, and produce insight and recommendations for law enforcement agencies to consider, both in their training and evaluations. They also explore the uncomfortable topic of officers committing "suicide by suspect, or "suicide by cop turned inside out."



COPS DON'T CRY: A most sobering look at the challenges faced by a spouse in a police relationship while at the same time providing great insight for officers on the impacts of shift work, controlling behaviors, weapons in the home and more. Author Stone offers sound advice on making it all work, taking care of yourself and, above all, keeping a sense of humor. It's tough, she notes, especially when such things as trauma and PTSD enter the picture--but again, she walks the reader through the steps of finding one's way through.

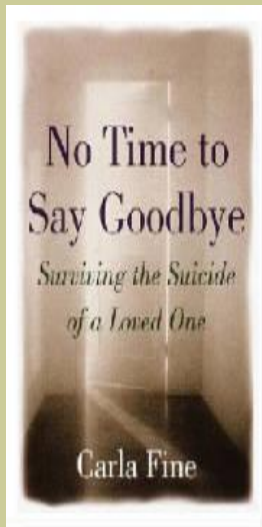
I Can't Get Over

for trauma clearly written is, its symptoms healing process. necessary trauma survivors to begin to make experiences they share with others. things she phenomenon of In brief, secondary the well-meaning friends and loved ones to your trauma. An excellent resource to aid officers in understanding their PTSD.



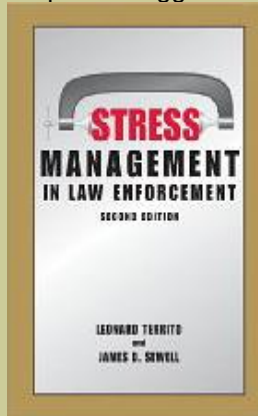
It is a comprehensive book sufferers/survivors. It's a breakdown of PTSD, what it and biochemistry, and the The author helps to create cognitive frameworks that desperately need in order sense of the strange are often frightened to One of the most important articulates is the "secondary victimization." victimization results from but damaging responses of





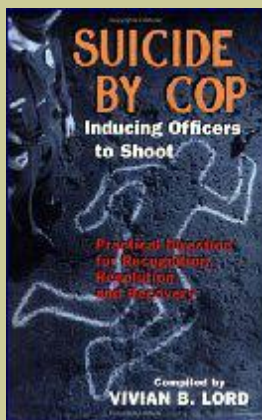
NO TIME TO SAY GOODBYE: is an excellent book for the survivors of law enforcement suicides, too often shunned and forgotten by police departments in a short time. Not only is it valuable reading for them, but it is essential reading for police administrators who are interested in improving their programs. A moving, heart-wrenching book, and a true testimony about the frequent struggles of surviving families.

ENFORCEMENT: of the leading articles for police personnel. nine sections which is Stress All About?; Cops?; Are There What Are Some of Cops?; How Does Life?; How Does the Worst of the Worst Affect Cops?; What Are the Tools That a Cop Can Use to Better Handle Stress?; What Support is Available for Cops? and How Can the Bosses Better Help Their Cops?



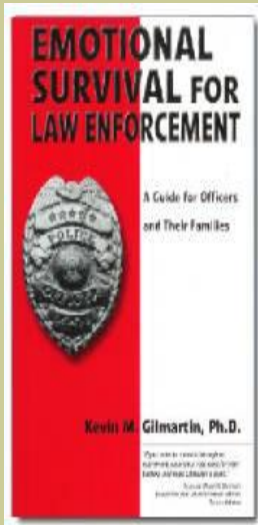
STRESS MANAGEMENT IN LAW

A carefully selected collection on stress and its consequences. This 2007 edition comprises cover the following topics: What Does Stress Mean for Ways We Can Tell It's There?; the Bad Effects of Stress on Stress Impact a Cop's Family



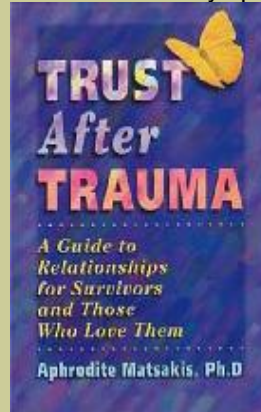
SUICIDE BY COP: Vivian Lord explores one of law enforcement's worst scenarios, an armed subject who wants to be killed. She provides tactics that have successfully resolved suicide-by-cop (SbC) situations, relying on leading experts on the subject. The author discusses the psychological devastation many officers suffer after SbC confrontations and legal defenses that can be used after such incidents.





Emotional Survival for Law Enforcement

A popular book for academies on how to maintain a well-balanced family life after an adrenalin-filled shift. Gilmartin addresses the daily stresses of career fields like law enforcement with suggestions on how to leave the job behind and enjoy the activities you "usta" do in your life. He offers a variety of helpful suggestions, such as maintaining a planning calendar of family activities, developing a good physical fitness program, and exercising control over unnecessary spending.



TRUST AFTER TRAUMA:

This is a book for and trauma survivors who have some work in understanding through therapy or a recovery takes an intense look at issues on victims for their own PTSD, invulnerability that is inevitable "exile" and secondary by trauma victims. The book's

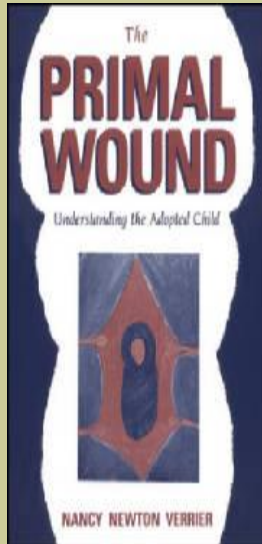
training personnel already completed their trauma either program. Matsakis like the blame placed the loss of for the officer, and the woundings suffered exercises are of possible merit to some, but the greatest value is in the text itself.



UNDER THE BLUE SHADOW:

a book by John Violanti and Stephanie Samuels that explores the psychological dangers of a police career with compelling case studies. Violanti continues his reputation as America's foremost authority on police psychology, and Stephanie Samuels shows herself to be a voice of great value as well.





PRIMAL WOUND: At the **West Coast Post-trauma Retreat** in California it is often said, about first responders, that *"You didn't choose the job--the job chose you."* Behind this statement is a huge truth behind police and fire personnel. Our inner drive "to serve and protect," to be "sheepdogs" and the caretakers of society often root back to our early years. They include absent or emotionally distant parents, alcoholic homes, and a host of other burdens that trained us to be who we are today.

Trained as we are to avoid looking at anything "negative" about ourselves (which it's not), we avoid this information until the walls start to close in. If they do (or hopefully before), **Primal Wound** is an excellent place to begin understanding some of what may be driving you. While the book was originally written for adoptees, we chose to list it for emergency responders because there are some important messages that many of you may find valuable. We call it "filling in the pieces."

If it helps, Verrier's "**Coming Home to Self**" may also be of value.

