

CHAOS? COURAGE

Police1 author and podcast host Christopher Littrell shares his story of 25-years of public service.

When the chaos in his head got dark and scary, he made the call and got help.



Chaos and Crisis



Recovery and Healing



PTSI Prevention

DETAILS

Monday, August 5th, 2024
4pm to 7pm

City of Pullman - City
Council Chambers
190 SE Crestview St,
Pullman, WA 99163

\$99



To register use the QR
code or go to
gravityct.com/training

Workshop Goals:

1. Understand the impact of trauma on criminal justice employees (officers/deputies, corrections, support staff, evidence technicians, executive assistants, crime analysts, dispatchers, and prosecutors).
2. Explore evidence-based approaches to managing stress and healing our minds and bodies.
3. Foster healing, resilience, and insights for criminal justice employees facing similar challenges.

The Pullman Police Department and Gravity Consulting & Training presents *Chaos to Courage*. Join us at the City of Pullman council chambers on Monday, August 5th, 2024, from 4pm to 7pm, for a resiliency workshop.

Christopher Littrell will share the gut-wrenching stories that led to his early retirement. Chris is a dynamic speaker who believes policing is the greatest career in the world and wants to help the next generation enjoy healthy careers. Chris is a third-generation police officer and retired police sergeant from Washington State. He loved everything about policing – the foot pursuits, SWAT missions, homicide investigations, street-crime work, and positive community events/engagements.

Throughout his almost 25-years of public service, Chris developed coping skills that were healthy and some that were harmful. Chris left policing earlier than he expected due to the overwhelming post-traumatic stress injuries he experienced. Chris will use real stories as he facilitates discussion into our successes and failures.

Students will have the opportunity to explore the key stresses in their life and their current resiliency habits. Through small group discussions and exercises, students will investigate how their current stress load and habits are leading to desirable and undesirable outcomes. Students will walk away with insights into moving forward with evidence-based protocols to reduce injuries and improve overall health.

From the Chaos of the job to the Courage of getting help, this workshop is appropriate for all criminal justice employees (officers/deputies, command staff, corrections, support staff, evidence technicians, executive assistants, crime analysts, dispatchers, and prosecutors) and their adult family members.