

About The Presenter



Dr. Dennis Conroy, a United States Marine Corps Vietnam veteran and Licensed Psychologist, retired after over 30 years service with the Saint Paul Police Department. During that time, he held diverse assignments, including patrol

officer, patrol sergeant, vice/narcotics investigator, dispatcher, and director of the employee assistance program.

Dr. Conroy's clinical experience includes over 25 years working with children, adolescents, and adults with a variety of concerns as individuals, couples, families, and in group settings. His specific areas of clinical work have focused on law enforcement officers and family members. Dr. Conroy has also served as consultant to a number of therapists and has testified as an expert witness in federal court.

Dr. Conroy has taught for 25 years in an upper division collegiate setting. He has lectured nationally on such topics as workplace violence, high risk communication, stress and trauma response, dealing with the emotionally disturbed, and anger management.

Already an author of a technical manual on the Prevention of Racially Biased Policing: Accountability and Supervision, he recently wrote his second book: *Surviving a Law Enforcement Career: A Guide for Cops and Those Who Love Them*, published by Innovative Systems Publishing. Dr. Conroy has authored several journal articles dealing with police stress and responses and has written on ethical issues for police psychologists.

Contact Information

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This training is sponsored by the Fraternal Order of Police Foundation and presented in cooperation with the Minnesota Sheriffs' Association, the Minnesota Chiefs of Police Association, and the Minnesota Police and Peace Officers Association.



Training Cost: \$25.00
To register online, please go to:
www.mnsheriffs.org
Or call 651-451-7216, ext. 4

Blue Line Trauma Response

March 31, 2020
8:00 am - 4:30 pm

MCIT Building
100 Empire Drive
St. Paul, Minnesota 55103

***Building teams
to better provide for
healthy officers and
families.***

What We Do

Blue Line Trauma Response

This course is designed to provide law enforcement officers, managers, and therapists with a common understanding of the impact of trauma on officers and their families. Designed to facilitate a partnership between law enforcement and local mental health providers, this course promotes effective therapy with officers and their families.

This training will help local therapists gain an in-depth understanding of the continuing impact of repeated trauma. The police exposure is unique in that officers are found rushing towards traumatic events, often in an adversarial setting. Not only is the officer required to effectively deal with the experienced trauma, they are required to prepare for the next traumatic exposure. This training is also designed to assist therapists in understanding the law enforcement culture, how it impacts the therapeutic process and the therapeutic relationship.

Our Approach

This training employs an interactive process, with law enforcement, law enforcement managers, and therapists working together to develop a trusting relationship. The end goal is for therapists to work effectively with law enforcement officers and their families so that these officers will feel confident in reaching out for help in dealing with difficult emotional aspects of their work. Specifically:

- Members of law enforcement, managers, and therapists will work in teams using case study material to develop a framework for working together.
- Sample policies and program parameters will be provided for each participant to use as a template in designing individualized and agency based programs.
- Issues such as confidentiality, third-party payment, and various treatment modalities will be discussed.

Training Goals

- Identify the basic personality traits associated with law enforcement officers and families.
- Understand the influence of culture and occupation upon first responders.
- Identify the impact of ongoing exposure to trauma.
- Understand the impact of voluntary exposure to multiple traumas.
- Identify adaptive and maladaptive coping strategies for law enforcement officers exposed to traumatic experiences and understand the causes of these coping strategies.
- Become aware of the immediate needs of officers after a critical incident.
- Effectively partner to develop an individualized plan to meet those needs.

POST Credits: 7

**MN Board of Psychology:
6.5 CEUs**