

# Peer Support Training for First Responders

## Class Overview

The Peer Support Training for Public Safety Classes are designed to be an interactive basic two-day (16-hour) class or an advanced four-day class (32 hours) focused on teaching public safety personnel the art of peer support. It is designed for folks in public safety who have a desire to support and be there for their peers in times of need and emotional struggle. During the course of the class, participants will gain crucial knowledge about communication skills and the techniques that are effective in supportively working with people to gain a mutually beneficial outcome. Participants will also learn to address people in crisis in a manner that reduces tension and the possibility for physical injury to anyone involved.

The concept of mental health and its effect on the verbal interaction will be addressed as well. Participants will be able to actively engage in over six hours of live scenario situations in the basic class and at least 8-10 in the advanced class. We work with class attendees to understand their own personality style and “emotional baggage” in order to gain insight into how it effects their ability to support others. The classes will practice the tough calls so that legal, ethical, and emotional triggers and issues are discussed before they are faced in a real life or death situation.

The class instructors will be current public safety personnel, mental health providers, psychologists, and retired first responders with extensive expertise and experience in verbal de-escalation and crisis management.

*We can all use a little support  
from a peer!*



## PUBLIC SAFETY PSYCHOLOGY GROUP LLC

8341 WASHINGTON ST. NE. ALBUQUERQUE, NM 87113

PO BOX 92002, ALBUQUERQUE, NM 87199

PHONE: (505) 888-5499 FAX: (505) 888-5498

WEBSITE: PSPG-NM.COM

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## **2024 Basic Class Dates**

- (1) January 16-17<sup>th</sup>, 2024 (Alb. NM)
- (2) June 20-21<sup>st</sup>, 2024 (Alb. NM)
- (3) October 17-18<sup>th</sup>, 2024 (Alb. NM)

## **2024 Advanced Dates**

- (1) Feb. 26-29<sup>th</sup>, 2024 (Clovis, NM)
- (2) March 25-28<sup>th</sup>, 2024 (Clovis, NM)
- (3) June 10-13<sup>th</sup>, 2024 (Alb. NM)
- (4) November 12-15<sup>th</sup>, 2024 (Alb. NM)

## **PEER Support Re-Certification Dates**

- (1) TBD

## Class Times

8am-5pm each day

## Class Cost

**Basic** \$350 per person

**Advanced** \$575 per person

**Re-Certification** \$350 per person

Group discounts available

## Albuquerque Class Location

8341 Washington St. NE.  
Albuquerque, NM 87199  
(One Block South of Alameda and  
one block west of Jefferson)

## Close Lodging Options

Holiday Inn Express and Suites

505-797-2291

Courtyard by Marriott

505-823-1919

Albuquerque Marriott Pyramid

505-821-3333

Drury Inn and Suites

505-341-3600

## Course Topics and Exercises

- What is Peer Support?
- Peer Support Defined
- What is a Peer Support Team?
- Support vs. Fixing
- Solving vs. Providing Options
- Empathy vs. Sympathy
- What makes a good Peer Supporter?
- Team Dynamics
- How to Remove a Peer Gracefully
- Documentation and Your Specific Agency
- HIPAA-Privacy-Confidentiality
- Being aware of your own baggage.
- The Helping Process
- Basic Communication Skills
- Non-Verbal Communication
- Basic Active Listening
- Mental Health 101
- How to Spot Struggling People
- You will see: DV, AM, SA, trauma, parenting issues, anxiety, depression, suicide, homicidal thoughts, relationship issues, etc.
- Motivating People to Get Help
- What to say and what not say?
- When to Refer for Counseling
- Referral Options
- CISD's
- Self-Care, Compassion Fatigue, Secondary Trauma, and Vicarious Trauma
- And Over 6 Hours of Live Scenario Experiences



### *The Course Director is Dr. Troy Rodgers*

Dr. Rodgers is a police psychologist based in Albuquerque, New Mexico. He has a master's degree and a doctorate in clinical forensic psychology. He has worked with law enforcement officers for over 15 years. At the present time, Dr. Rodgers works as a consultant to over 140 local, state, and federal law enforcement, firefighter, ambulance, and corrections agencies.

Dr. Rodgers is a highly sought after trainer in the field of psychology and criminal justice. He is routinely utilized as an expert by multiple regional media outlets. Dr. Rodgers is also certified as a Professional Lecturer and Master Instructor by the New Mexico Department of Public Safety Training Academy.

### **Class Registration**

To register, please fill out this registration form for all attendees and either fax (505-888-5498), mail (PO Box 92002, Albuquerque NM. 87199), or email ([t.rodgers@pspg-nm.com](mailto:t.rodgers@pspg-nm.com)) it in. If you have any questions please call 505-888-5499. Note that we can provide an invoice or quote if one is needed. Checks, purchase orders, etc. should be made out to **PSPG**.

Name of Attendee: \_\_\_\_\_

Department or Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred Class Dates: \_\_\_\_\_

Payment Method: Check \_\_\_\_\_ Purchase Order \_\_\_\_\_ Credit Card \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Card Zip Code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Card Security Code: \_\_\_\_\_

**\*\*There is a \$100 No Show/Late Cancellation fee (less than 14 days before an event) for all PSPG classes. No fee will be charged if you reschedule for a future class.**

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