

# Post-Traumatic Stress Disorder and Traumatic Brain Injury

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## DVD-ROM Video

Multimedia I.D. Number: 248

CPT Hours: 2

DVD Shipping Date: 07/23/12

Post Traumatic Stress Disorder (PTSD) is a mental health problem that can occur after the direct experience or the witnessing of a traumatic event such as combat, natural disasters, serious accidents, or violent personal assaults. PTSD is a medically recognized anxiety disorder that occurs in normal individuals under extremely stressful or abnormal conditions. Traumatic Brain Injury (TBI) is caused by a bump, blow to the head, or a pressure wave from an explosion-- sudden movement that causes the brain to twist and move quickly back and forth in the skull, damaging brain cells and creating chemical changes to the brain. These injuries may result in memory loss, poor decision making, impulsive behavior, irritability, depression, and other personality changes that ultimately could lead the sufferer to a contact with law enforcement.

As more and more military service members return home from deployment and return to our local communities, PTSD and TBI will have a greater impact on law enforcement. The purpose of this training is to teach an appreciation and understanding of PTSD and TBI, providing peace officers with the knowledge and resources to best assist returning veterans and others in the community who are afflicted with these conditions.

Segments include:

- Understanding PTSD and TBI
- Identifying PTSD
- Identifying TBI
- Strategies for Successful Contact
- Resources

The DVD-ROM video program offers two viewing modes and printable documents:

### Facilitated Group Course

Each segment features a short introduction, followed by scenarios with related questions and activities to assist in facilitating a group discussion about PTSD and TBI. The facilitator has the option to play subject matter expert comments after the discussion to re-emphasize a training point or to ensure all topics are covered. A "Facilitator Guide" document (PDF) is included on the DVD-ROM for printout from a computer.

### Informational/Individual Viewing

This viewing mode allows an individual trainee or a small group of trainees to view the training video without formal (classroom) facilitation by an instructor. Features the same scenarios and questions or activities as the "Facilitated Group Course" track. Individual viewers may view sample group discussions, followed by comments from subject matter experts that reiterate and reinforce the teaching points. A "Student Workbook" document (PDF) is included on the DVD-ROM for printout from a computer.



## Video Program Guide

California Commission on Peace Officer Standards and Training