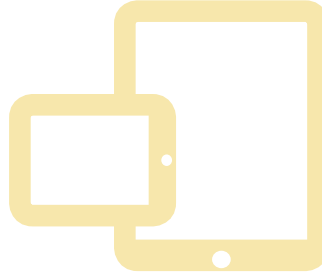


Dealing With Stress Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description:

The ultimate goal in a correctional facility is to protect public safety by rehabilitating the offenders, while ensuring a proper living condition for them at the same time. Correctional staff must maintain public safety while facing hostility, risks and difficulties on a daily basis, all of which can create tremendous stress in corrections officers.

This course will help corrections staff recognize the causes of stress in their facility, determine solutions for handling stress and identify ways to prevent the recurrence of stress in a correctional environment.

Time: Approximately 30 minutes [Preview the Dealing With Stress online training program here.](#)

Learning Objectives:

- Identify the causes of stress in corrections personnel.
- Determine solutions for handling stress in a correctional environment.
- Identifying ways to prevent the recurrence of stress in a correctional environment.

Key Topics Include:

- Defining and Understanding Stress
- Types of Stress
- General Causes of Stress
- Causes of Stress in Corrections Facilities
- Inmate Violence
- Additional Sources of Inmate Created Stress
- Time Management
- Dealing with Unwritten Rules
- Work Load
- Public Image
- Stress by Shifts
- Demands on Supervisors
- Problems with Co-Workers
- Estrangement from Family
- Physical Effects of Stress on the Body
- Emotional Symptoms of Stress
- Dealing with Stress
- How to Cope with Officer Stress
- Ways to Prevent Recurrence of Stress

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.