

FBINAA Comprehensive Officer Resilience Train-the-Trainer Program® APPLICATION



Application Process: Filling out an application places you on a list from which the FBINAA will select 20 individuals from various parts of the country to participate in the *Comprehensive Officer Resilience Train-the-Trainer Program®*. The FBINAA will send the selected participants a registration form along with payment instructions.

****Please, only one application per agency.**

This three-day training program will develop public safety instructors who will undergo a series of dynamic, interactive modules and be able to return to their respective agencies to incorporate a new philosophy of resilience within their department's culture.

This training utilizes twelve modules, specifically designed upon a concept of domains and tenets. The four specific domains are the areas in a person's life encompassing how they experience and relate to others and themselves. Learning how to remain "fit" across all four domains (*Mental, Physical, Social, and Spiritual*) will lead to a more resilient and healthy individual, benefiting the officer's career and personal life.

- **Resilience** - the ability to withstand, recover, and/or grow in the face of stressors and changing demands
- **Mental** - the ability to effectively cope with unique mental stressors and challenges
- **Physical** - the ability to adopt and sustain healthy behaviors needed to enhance health and well-being
- **Social** - the ability to engage in healthy social networks that promote overall well-being and optimal performance
- **Spiritual** - the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose

**September
23 - 25, 2025**

8:00 am - 4:00 pm

**Mental Health
Association in
New York State**

**1 Park Place, Suite 300
Albany, NY 12205**

For more information, contact
the Education & Training Team
at training@fbinaa.org
or call 703-632-1867

Registration Fee: \$250.00

APPLY NOW!



bit.ly/cortttp_app_albany_ny_sept25