



# Western Region Counterdrug Training Center



## Resilience Training

### When:

14-16 January 2025  
8:00 AM – 5:00 PM Daily

### Where:

Camp Murray WA



### About:

The Western Region Counterdrug Training Center (WRCTC) is offering Resilience Training to Law Enforcement, First Responders, and Community Based Organization Members in Washington.

The training includes instruction in the use of 14 cognitive based therapy skills that increase the use of six Competencies that have been found to increase overall resilience, performance, and optimal functioning of an individual. The Competencies are Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Upon course completion, students will have tools increasing their abilities to handle stressful situations efficiently, perform optimally and communicate effectively.

Registrants are expected to participate in in all three days and must complete the Values In Action Character Strengths Survey and bring the results showing all 24 strengths.

The maximum number of participants is 20. \*Instructions for the survey are on registration.

## 14 Resilience Skills:

1. Goal Setting
2. Hunt the Good Stuff
3. ATC Model
4. Energy Management
5. Avoid Thinking Traps
6. Detect Icebergs
7. Problem Solving
8. Put It In Perspective
9. Mental Games
10. Real-Time Resilience
11. Identify Character Strengths in Self and Others
12. Character Strengths: Challenges and Leadership
13. Assertive Communication
14. Effective Praise and Active Constructive Responding



Additional details at:

info@wrctc.org  
(253) 512-8493

Register Now:

<https://www.wrctc.org/event/?eid=4e42a153-8857-4d4c-b2e4-1a75d5f23a19>