

Individual Peer Support Skills Dec 2011

San Francisco Sheriffs Department

Reviews of Participants:

- I learned that in an alcoholic family, the enabler's behavior is just hard to change as alcoholic.
- Thanks for your thoughtful presentation.
- I learned about the sleep cycle; you can't recover from PTSD without sleep.

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Reviews of Participants:

- Debriefing phases, pitfalls and exercises were really new to me. Going to work on better debriefing at our unit.
- Emotion labeling was interesting because I forgot how hard it is to talk to someone about the emotion the person may be experiencing.
- Great Class. No bullshit. Really enjoyed it!