

**Emotional Resilience**  
**August 10, 2017**  
Berkeley Police Department

**Reviews of Participants**

- EMDR is an effective tool that I was not aware of prior to this training.
- There are a lot of resources if you need them.
- I appreciated the information on support groups. The EMDR looked very interesting.
- I loved how I was able to set my goals. 30 day plan, WCPR info.
- This does not have to be this bad. This job should be fun and not a drag.
- Therapy is easy and beats the alternative.
- We must prioritize things that are important and make time for all areas of our lives. Waiting is pointless, motivation is garbage. It will never happen or come if you are not proactive.
- Overall great class!
- Action plans are awesome.
- Good presentation. Made me see therapy in a positive way. I liked the goal setting exercise.