

**GETTING UNSTUCK FROM TRAUMA WHEN STUCK AT THE CONSOLE**

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Licensed Psychologist

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TRAUMA & RESILIENCE ARE....

Bio   Psycho   Social

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The best prediction of how you'll be two years after a major disruption, whether as an individual or as an organization, is how you were doing two days before.

**Build on the basics.**

-Gist Taylor, Watson & Leto (2019). Understanding Suicide & Fire Service.

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**FIRST RESPONDER WORK REQUIRES**

- Focusing on 10 things at once
- Fast & ongoing judgments relating to harm, danger & deception
- Remembering & planning for danger, problems, etc.
- Chronic exposure to stress, dark side of humanity

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**RESULTING IN "DYS-EVOLUTION"**

*Adopting & passing on traits that are damaging to our health*





**Neuroplasticity +**



**Too much**

Breathing, eating, stressing, negativity, etc.



**Multi-tasking**

Lowers IQ, increases stress & mistakes



**Focus on the negative**

Critical / evaluative of self & others

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**POTENTIAL IMPACTS**




**Habituating to the "new normal"**


Even if it is chaos  
Dis-ease with quiet



**Decline in health**



**"Acquired ADHD"**



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### POTENTIAL IMPACTS

- Relationship- disconnection/ conflict
- Increased Injury/ Harm
 

Inappropriate use of force  
Driving decisions
- Unhealthy coping methods
 

Substance use, avoidance,  
overwork

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### TRAUMA: SIGNS

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### BIO: TRAUMA & THE BRAIN

- Amygdala, hippocampus, prefrontal cortex, & thalamus
- Memories are fragmented, stored as fragments
- Brain (limbic system) believes event is ongoing & sounds alarm

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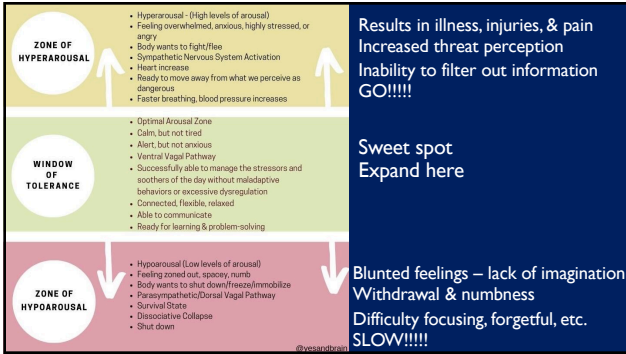
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**COMMON PHYSICAL SIGNS OF SYMPATHETIC OVERDRIVE**

- Sewing machine leg
- Workaholic
- Hard-charging
- Difficulty being still
- Digestive issues
- Headaches, chronic pain

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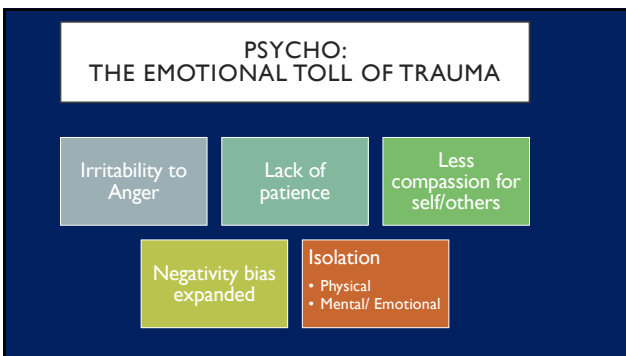
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**STORY  
FOLLOWS  
STATE**

**Pre-Annoyed**  
*(adj.) You know this person is about to piss you off even before they say anything.*

Me to myself: This is annoying. This conversation is annoying, this person is annoying. I hope I'm hiding it well.  
My face:



13

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**SOCIAL:  
RELATIONAL IMPACT**

- Distance from others
  - Withdrawing/ Pushing Away
  - To avoid bringing others down
  - To avoid traumatizing others
  - Lack of energy
  - Decision fatigue

**SHE SOUNDS ANGRY**



**WELL IT IS A DISPATCHER**

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**TRAUMA:  
SCIENCE**



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WHAT HAPPENS WHEN WE HAVE TRAUMA EXPOSURE?

- Autonomic Nervous System
  - Parasympathetic system drops out
  - Sympathetic system kicks in

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THREE STRESS PROCESSES

-  *Habituation*
-  *Sensitization*
-  *De-habituation*

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HOW DO THESE PROCESSES AFFECT YOU PSYCHOLOGICALLY & SOCIALLY?



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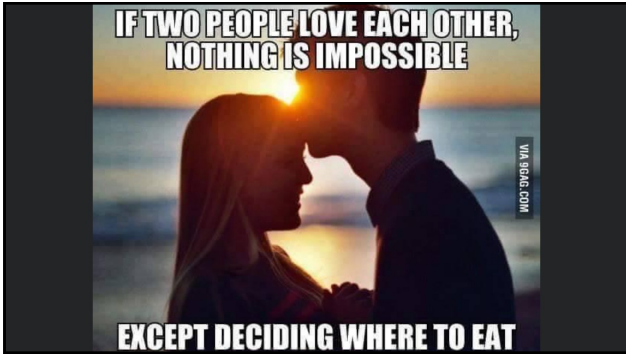
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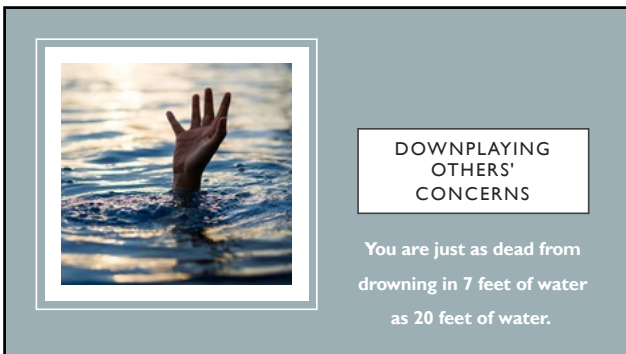
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**TRAUMA: STRATEGIES**

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**HOW DO DISPATCHERS TYPICALLY COPE?**

- Exercise
  - +/- (HIIT- in short doses, improves focus & mood) (too much/ too long = damaging stress)
- Avoidance
- Busyness
  - Distractions
  - Alcohol

*"Judging by the barbed-wire and signs, your mom had a long shift and doesn't want to be disturbed."*

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Awareness & Reflection Practices  
 Sleep, Exercise, Healthy Eating & Hydration  
 Quiet Time in Nature  
 Talking to a Friend / Confidant  
 Getting Bodywork / Massage  
 Enjoying a Hobby  
 Shopping  
 Habitual Eating  
 Binge TV Watching  
 Excessive Caffeine, Sugar, Tobacco, Alcohol or Other Substances  
 Adrenaline-seeking, violent or self-harming behaviors

**Elizabeth Stanley, PhD.**  
*Widen the Window*

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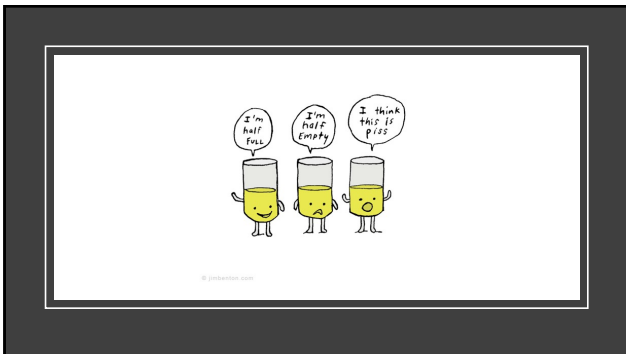
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**HOW DOES THE STORY END?**

They met in a bar, where he offered her a ride home. He took her down unfamiliar streets. He said it was a shortcut.....

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### THE STOCKDALE PARADOX

"You must never confuse faith that you will prevail in the end — which you can never afford to lose — with the discipline to confront the most brutal facts of your current reality, whatever they might be."

— Adm. James Stockdale



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Pain does not result in suffering. Thinking about pain repeatedly results in suffering.

GREITENS, AUTHOR OF *RESILIENCE: HARD WON WISDOM FOR LIVING A BETTER LIFE*

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*You'd rather feel guilty than helpless.*

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**FAULTY THINKING**  
(KIRSCHMAN, KAMENA & FAY, 2013)

 <b>Incident Envy</b> Downplaying own incident / needs problems You're just as dead from drowning in 7ft. of water as 20	 <b>Curse of Omnipotence</b> Not recognizing own limits <i>"If only I had ..."</i>	 <b>Rescuing Others</b> Don't want to "burden" others with their problems	 <b>Myth of Uniqueness</b> Comparing their insides to other's outsides
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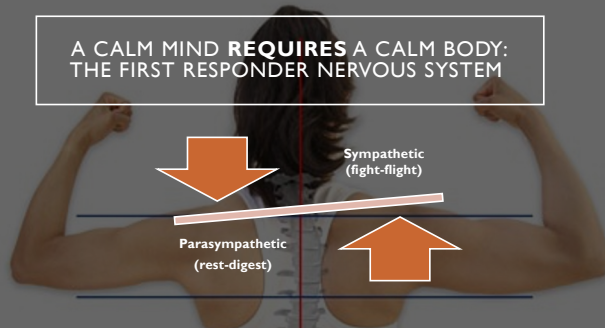
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A CALM MIND **REQUIRES** A CALM BODY:  
THE FIRST RESPONDER NERVOUS SYSTEM



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43 Strategies Online Article

**STRENGTHENING THE PARASYMPATHETIC**

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**ACTIVATE YOUR VAGUS NERVE TO EASE STRESS**

- Regulates HR, breathing, blood pressure, digestion & immunity
- Communicates from body to brain
- Humming
  - Humming increases the release of nitric oxide in the nasal passages 15-fold.
- Singing
- Gargling
- Neck turns w/ eye turns
- Ear pulls

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**CULTIVATE INTERNAL SITUATIONAL AWARENESS**

- 👉 Breathing rate/ quality
- 👉 Muscle tension
- 👉 HRV (watch trackers, etc.)
- 👉 Thoughts
- 👉 Frankl's "Inner Hold": rigorous control of his own inner state, a disciplined defense of his own integrity\*

**Where our mind goes, blood flows.**

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**WHAT'S HEART RATE VARIABILITY (HRV)?**

*"... a measure of neurocardiac function that reflects heart-brain interactions and autonomic nervous system (ANS) dynamics."*

(McCraty & Shaffer, 2015)

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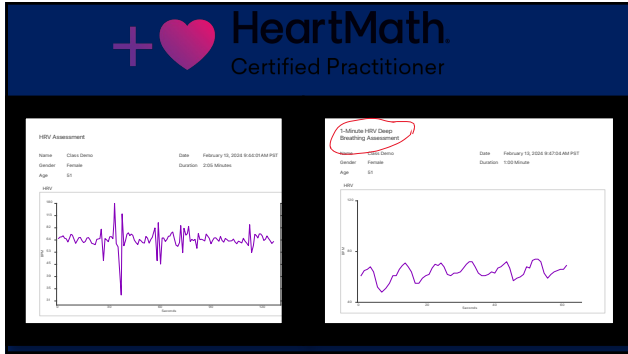
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**INCREASING HRV LEADS TO...**

- Less physical pain
- Improved cognitive performance
- Improved focus
- Improved health (reduces 5 leading causes of death)
- Improved relationships via better communications

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**CONNECT WITH ANOTHER**

- When safe, social engagement portion of the vagus nerve suppresses the fight/flight & the immobilization response
- When not safe, it disappears & fight flight/mobilization occur

39

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### Downshifting Your Nervous System

- Music 
- Breath
- Mental imagery
- Savoring
- Yoga
- Meditation
- Tension Releasing Exercises (TRE)



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### STRATEGIES FOR BEING STUCK ON HIGH

- Physiological sigh
- 5-second breath (10)
- 4x7x8 breathing
- Non-sleep deep rest (NSDR) (AKA Yoga Nidra)
- Left or right nostril breath

Huberman NSDR Video

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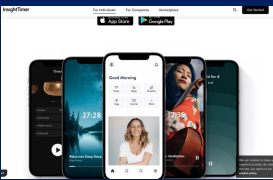
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### STRATEGIES FOR BEING STUCK ON LOW

- Exercise
- Light therapy
- Alkaline (DMT) breathing
- Wim Hof breathing
- Cold plunge & showers



<https://insighttimer.com/individuals>

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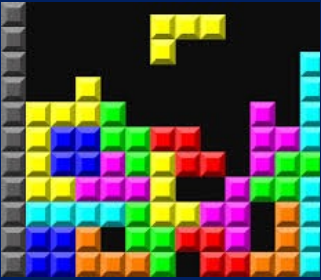
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**TETRIS**

- What the what?!?!?
- Within 6 hours
- Visuospatial, not words
- Increases hippocampal volume
- Reduces PTSD



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**AWAY FROM THE CONSOLE**

<p><b>BEFORE SHIFT</b></p> <ul style="list-style-type: none"> <li>• Set intention           <ul style="list-style-type: none"> <li>◦ Self-fulfilling prophecy</li> <li>◦ Compassion-recipient</li> </ul> </li> <li>• Set up nervous system           <ul style="list-style-type: none"> <li>◦ Hydrate, nutrition, exercise, breathwork</li> </ul> </li> </ul>	<p><b>AFTER SHIFT</b></p> <ul style="list-style-type: none"> <li>• Balanced reflection of shift           <ul style="list-style-type: none"> <li>◦ Good, bad &amp; values behaviors</li> </ul> </li> <li>• Shift &amp; reset nervous system</li> </ul>
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**AT THE CONSOLE**

- Bio
  - Breathe w/ isometric movement
  - Cold
  - Touch lips
  - Yawn
  - Stretch
  - Draw/Doodle
  - Valsalva Maneuver
  - Smell (lavender, rosemary, bergamot)
  - View Fractals
- Psycho
  - Shift Focus
    - Cognitive
    - Emotional
  - Screen door imagery- Observe, not absorb
- Social:
  - Compassion to caller, peer, or officer/ FF



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## The three hardest things to say are:

- I was wrong.
- I need help.\*
- Worcestershire sauce

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## E.M.D.R. EYE MOVEMENT DESENSITIZATION & REPROCESSING

- Treatment of choice for trauma (police, fire, military, crime victims)
- Accelerated processing (faster /more effective than talk therapy)
- Integrates fragmented memories
- EMDR by Peer Supporters/ Chaplains



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## ACUTE STRESS ADAPTIVE PROTOCOL (ASAP)

- Created FOR first responder BY a first responder (peer supporter, chaplain, even clinician)
- After 3 sleep cycles
- Can be incident-driven or offered on a "drop-in" basis
- Can be done at a group or one-on-one basis



6-Minute Video on ASAP

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**ALPHA-STIMULATORS**

Mental sharpness and clarity are vital to the success of any job, but especially in the police world.

Just 20 mins a day can reduce anxiety and depression.

Alpha Stim works with the body to help it regain a sleeping/awakening cycle, stimulate endorphin release, and rebalance neural firing patterns.

DEVICES ARE AVAILABLE FOR USE AT POLICE CONTROL, LAW ENFORCEMENT, AND DETECTIVES

AVAILABLE FOR ALL BUDGETS: WELLNESS INDUSTRY

YOUR BEST BET FOR INVESTING IN YOUR WELLNESS IS WITH AN ALPHA STIMULATOR.

CONTACT FIRST RESPONDER PROFESSIONALS FOR AN APPROVAL BEFORE USE

CHUCK DRANDOWSKI, CEO  
FIRST RESPONDER LIVING  
(317) 500-0141

49

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**FIRST RESPONDER RESOURCES**

**INCREASING RESILIENCE IN POLICE AND EMERGENCY PERSONNEL**  
New, Expanded Edition Late  
STEPHANE W. COHN

**BULLETPROOF SPIRIT**  
THE POLICE BROTHERHOOD'S ESSENTIAL GUIDE TO OVERCOMING STRESS AND TRAUMA  
CAPTAIN DON WILKINS

**EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT**  
A Guide for Officers and Their Families  
KIMBERLY M. CILLESPIE, Ph.D.

**THE RESILIENT 0:1 PROFESSIONAL**  
A COMPREHENSIVE GUIDE TO SURVIVING & THRIVING TOGETHER IN THE POLICE CULTURE  
Edited by Jim Donohue and Franky Corcoran

50

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**HEALTH**

**THIS IS YOUR BRAIN ON FOOD**  
AN INDISPENSABLE GUIDE TO THE SCIENCE OF FOOD AND HOW IT AFFECTS YOUR BRAIN  
BY UOMA NAIDOO, MD

**the NATURE PRINCIPLE**  
HOW NATURE CAN HELP YOU LIVE BETTER  
BY RICHARD LOU

**The Post-Traumatic Growth Guidebook**  
HOW TO FIND MEANING AND PURPOSE AFTER A CRISIS  
BY JOHN J. RATEY, MD AND ERIC HADEGEMAN

**SPARK**  
THE SCIENCE OF HOW TO STAY MOTIVATED AND HOW TO STAY HEALTHY  
BY JOHN J. RATEY, MD AND ERIC HADEGEMAN

51

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53

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