

Institute for Criminal Justice

Daytona State College



Stress Management Techniques

CJSTC Course # 050

40 Hours

Monday, August 11 – Friday, August 15, 2025

8 AM – 5 PM

Location: DSC [Advanced Technology College](#)

Salary Incentive or Mandatory Retraining

COURSE: This course will enhance an officer's or supervisor's ability to deal with stressful situations and the cumulative stress that is inherent in the criminal justice profession. In addition, this course will help officers recognize inherent stress in others, in the work environment, or community in which they interface.

TOPICS COVERED: Assessment of Stressors & Reactions, Personal Stress Management Techniques, The Role of Physical Fitness & Nutrition, Dealing with Critical Incident Stress & PTSD, Substance Abuse, Managing Change, The Role of Family and Friends and Resources in Managing Stress, Emotional Survival, and Police Use of Force.

NOTE: Students are required to attend all sessions of the course and pass a written final exam with a minimum score of 80%.

INSTRUCTORS: MPO Raul Rivas, Orlando PD (ret.) and Guest Instructors

**THIS TRAINING COURSE IS CJSTC TRUST FUNDED
REGION 7 OFFICERS HAVE FIRST SEATING PRIORITY**

TO REGISTER:

Please email a completed Daytona State College Training
Registration [Form](#) to
FDLETraining@daytonastate.edu



For more info, scan the code or
got to- <http://bit.ly/3yb9v64>

Questions?

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