

# FREE LIVE WEBINAR

## Public Safety Wellness Consultation: the what, the why, and the how to of providing this service for public safety agencies

**TWO DATES!!! May 13<sup>th</sup>, 2022 9am-11am OR  
July 13<sup>th</sup>, 2022 9am-11am  
2 Ethics CEs**



This program is co-sponsored by the New Hampshire Psychological Association (NHPA) and NH Police Standards and Training Council. NHPA is approved by the American Psychological Association to offer continuing education for psychologists. NHPA maintains responsibility for this program.

This *introductory* program is designed for *NH licensed mental health professionals* currently serving or interested in serving NH public safety agencies (police, fire, EMS, corrections, and communications/dispatch professionals). This program may also be useful for public safety leaders interested in learning more about this service and connecting with qualified mental health providers.

Please join Dr. Nicole L Sawyer for a 2-hour LIVE webinar focused on the growing trend in public safety mental health and wellness: Wellness Consultation.

Learn what a wellness consultation is, why public safety agencies are quickly adopting this service as a benefit offered to their employees, and how to execute this service ethically and with the intended outcomes of reduced mental health stigma, demystification of the “therapy space”, and access to emotional health education and self-awareness for the employee.

### Learning Objectives:

At the conclusion of this program, participants will be able to:

- 1) Identify three (3) goals of a wellness consultation as they pertain to both an *annual wellness consult* and a *post-critical incident wellness consult*;
- 2) Describe the primary ethical challenges presented by employment driven consultations with first responders. Specifically, the limits to confidentiality as they pertain to public safety professionals, scope of the consultant role as it differs from treatment or assessment, the importance of informed consent, and the ethical limits to communication with the employee's agency.

This is a FREE webinar event and registration is limited. There is no fee for registration and no refund for cancellation, however 3 days notice of cancellation is appreciated so the space might be offered to a waiting list.

### ABOUT THE INSTRUCTOR

Nicole L Sawyer, PsyD is a licensed clinical psychologist in Exeter, NH and the Clinical Director for the PFF-NH Peer Support Team. She is a supporting psychologist for the NH State Police Peer Support Unit and the professional crisis intervention specialist for the Seacoast Emergency Response Team (SERT) and the Strafford County Regional Tactical Operations Unit (SCRTOU). She provides psychological treatment, assessment, and consultation for the NH State Police and local police and Fire/EMS departments across NH. She is a frequent speaker on such topics as veteran mental health care and the impact of military culture on health care access and engagement, as well as trauma mitigation and early crisis detection for law enforcement and Fire/EMS personnel.



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