

Lecture 5

LEO Stress Work Sheet

<https://docs.google.com/document/d/1nCBaKZ8TyW6iJRIIEDIpi3Goi8ugj6UCgVteDaYMS2U/edit?usp=sharing>

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1. The term “tough guys” refers to both men and women who expose themselves to potentially dangerous or traumatic events. Toughness is necessary for the people to do their jobs effectively.
2. An impediment is the amount of stress they are put under in the situations they experience every day.
3. Some professions that experience traumatic stress include police officers, firefighters, paramedics, dispatchers, trauma doctors, emergency room nurses, and psychotherapists.
4. This article is meant to be for law enforcement supervisors and administrators who want to understand how to provide the best possible psychological services to the men and women under their command.
5. Officers are reluctant because they do not want to show weakness in front of their fellow peers.
6. Downsides includes that it is a very dangerous job, where officers put their life on the line every day. Also, that they are criticized and judged by citizens, media, and the judicial system, and other agencies.
7. Symptoms of trauma include numbed responsiveness, impaired memory, disturbing images of the incident, irritability, hypervigilance, impaired concentration, sleep disturbance, anxiety, depression, phobic avoidance, social withdrawal, and substance abuse.
8. Some coping mechanisms used are repression, displacement, isolation of feelings, humor often seemingly callous or crass humor and generally toughing it out.
9. It could be that officers develop “closed society” because it keeps their minds centered around the purpose of their job rather than the evil and hardships that occur, a way for them to feel safe.
- 10.
11. In the United States, two-thirds of officers involved in shootings suffer moderate or severe problems and about 70 percent leave the force within seven years of the incident.
12. Gamache tries to bury his problems and that's how he deals with his trauma.

Questions for BYD Chapters 5-8

https://docs.google.com/document/d/1EZspwmdBaoreurPTml7kQE8-pA4BCzgR2ihU2_9PgaQ/edit?usp=sharing

1. Inspector Beauvoir borrows one of the snowmobiles to visit the Hermit's cabin to investigate.
2. After the sun goes down, it is dangerous. Freezing, exposure to the cold, or taking a wrong path all can lead to death in the Quebec forest. These “invisible creatures” can be quite dangerous.
3. Roar Parra was hesitant to shake Beauvoir's hand because during the investigation of the Hermit's murder, Parra was a prime suspect and made his life miserable.
4. That he stole them from desperate people trying to escape from the Eastern Bloc. Communism was crumbling and people were desperate to get out of the country, to the West.
5. He would have died from the cold in the forest.
6. Scared him. Oliver made him think that the outside world was dangerous.
7. He denied killing the Hermit, although he moved the body to the Inn and Spa. And making the word Woo.
8. According to Dr. Gilbert, Inspector Beauvoir's bullet wound had caused bruising to his tissue and the strain on his body impacted that tissue again.
9. Inspector Beauvoir was convinced that Dr. Gilbert was a saint, because of the way he examined his wounds. Dr. Gilbert was kind, unlike the other doctors.
10. Dr. Gilbert claimed that the soup was too salty, and Beauvoir stated it was fine. Dr. Gilbert replied that he had no taste, then Beauvoir saw him as an asshole.