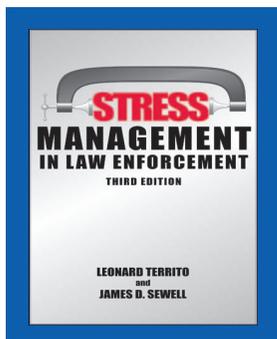


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# STRESS MANAGEMENT IN LAW ENFORCEMENT

## Third Edition



*Leonard Territo & James Sewell, editors*

The third edition of *Stress Management in Law Enforcement* by Dr. Leonard Territo and Dr. James Sewell is once again a carefully selected collection of the leading articles on stress and its consequences for police personnel. A brief summary precedes each section to assist the reader in readily identifying articles which might be of particular interest. Each article contains end-of-chapter discussion questions. The sections are also accompanied by a glossary of terms and a list of additional recommended readings.

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**Part One — What Is Stress All About?** provides the reader with an orientation and introduction to the topics of stress and some of its principal psychological, physiological, and social consequences.

**Part Two — What Does Stress Mean for Cops?** examines some of the basic issues of stress that affect law enforcement officers, looking at symptoms and causes throughout the profession, as well as focusing on the unique effects caused by the location and size of the police agency.

**Part Three — Are There Ways We Can Tell It Is There?** presents a number of research studies which have empirically analyzed and quantified police stress and its impact on police officers.

**Part Four — What Are Some of the Bad Effects of Stress on Cops?** discusses two of the most destructive maladaptive manifestations of stress in police work: addictive behaviors and suicide.

**Part Five — How Does Stress Impact the Cop's Family Life?** examines the toll extracted from spouses, children and relatives of law enforcement personnel as a result of the stressful aspects of police work. The alarmingly high rate of marital discord too often includes violence in the police family, events which sometimes culminate in the murder of a family member by a police officer, followed by the officer's suicide.

**Part Six — How Does the Worst of the Worst Affect Cops?** focuses on those features of police work that often expose officers to trauma as a result of critical incidents in which people are violently killed or injured.

**Part Seven — What is the Impact of Foreign Wars on Our Cops?** America's protracted wars in Afghanistan and Iraq have taken their toll on American law enforcement personnel serving in military reserve and National Guard units that have been activated for service.

**Part Eight — What Are the Tools that a Cop Can Use to Better Handle Stress?** looks at the methods by which individual officers may better handle the stress of their law enforcement world.

**Part Nine — What Support Is Available for Cops?** examines some of the individual techniques and more successful programs recognized as providing effective police psychological services and support for officers under stress.

**Part Ten — How Can the Bosses Better Help Their Cops?** reflects on the role of the organization and agency managers in identifying, confronting, and reducing stress among an agency's law enforcement personnel and includes recommendations by the Police Psychological Section of the International Association of Chiefs of Police for the psychological support of American law enforcement personnel.

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