



**ALDEMAN**  
& ASSOCIATES, LLC  
LAW ENFORCEMENT TRAINING & SECURITY CONSULTANTS



## ALDEMAN & Associates LLC Presents Stress and Trauma Awareness for Law Enforcement

Join Us for Impactful Training on Stress and Trauma Management!

**Date:** March 31, 2025

**Time:** 8:30am – 4:30 PM

**Location:** ROCIC James T. Rogers Training Room

545 Marriott Drive, Nashville, TN 37214

8th Floor, Suite 820

**Cost:** This class will be offered **FREE** of charge.

### About the Training:

This training session is designed for law enforcement professionals who want to better understand the physical and mental impacts of trauma. Led by retired Investigator Sergeant Julio DeFigueiredo, this course will offer actionable strategies to manage stress, build resilience, and foster a healthier mental outlook.

By the end of the training, participants will be better equipped to recognize, manage, and mitigate the effects of stress and trauma, leading to improved overall well-being and job performance in their roles as law enforcement officers.

### What You Will Learn:

- **Understanding Stress and Trauma:** Definition and types of stress and trauma. Common stressors and trauma triggers in law enforcement.
- **Impact on Officers:** Psychological and emotional effects. Physical manifestations and long-term consequences.
- **Physiological Impacts:** Understanding how stress and trauma affect the body.
- **Resilience Building:** Stress management techniques. Building emotional resilience and mental toughness.
- **Support Systems:** Importance of peer support and organizational resources. Accessing mental health services and counseling.
- **Personal Experiences:** Sharing personal experiences showing the results of stress and trauma. Open discussion to attendees to share experiences.
- **Self-Care and Wellness Practices:** Importance of self-care for mental and physical health. Developing personal wellness routines.

### Meet Your Presenter:

Sgt. Julio DeFigueiredo is a retired investigator sergeant with 22 years of experience in law enforcement. Having faced and overcome significant trauma himself, he brings unique insights into how to navigate the challenges of high-stress careers.

**How to Register:** <https://aldemanassociates.com/index-4.html>

**Important Note:** This training is for awareness purposes only and is not a substitute for medical or psychological advice. The presenter is not a licensed clinician or counselor.

For more information email us at [info@aldemanassociates.com](mailto:info@aldemanassociates.com) or visit our website [www.aldemanassociates.com](http://www.aldemanassociates.com)