

Public Safety | First Responder

TRAUMA & RESILIENCE RETREAT

Designed by experts in treating traumatic stress injuries, this retreat provides insight, healing, education, and support. We will work together to address personal difficulties and occupational trauma. Leave renewed with improved overall mental performance and a solid plan of how to implement healthy practices.



This retreat is held at our Eagle Creek Retreat Center in Idyllwild, California. Come explore the sacrifices and rewards of your experience as a first responder.

Learn more!

Visit: shiftwellness.com

Email: info@frhealth.com

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Objectives

- Address post traumatic stress injuries and mental health
- Equip yourself with tools to process trauma exposure & occupational stress
- Learn techniques to improve overall mental performance and wellbeing
- Focus on unresolved grief, anger, and frustrations
- Create a value based plan for self improvement
- Responder resilience workshop
- Burnout and compassion fatigue
- Post traumatic growth practices
- One-to-one counseling
- Stress reduction and healing practices
- Accelerated Resolution Therapy/EMDR



shiftwellness.com
firstresponder-wellness.com
thecounselingteam.com