

2026 Officer Critical Care Conference

The Cop vs The Therapist – Live demonstrations, testimonials and workshopping experiences with officers and LE specific culture

October 1

9-9:30- Registration

9:30-10- Welcome and Orientation to Conference

10-11:30- “You can’t possibly get it, Therapist!” - Hear it from a Cop

11:30-11:45- break

11:45-1:00- “I have to be here, but I don’t have to talk to you” - Navigating mandatory therapy resistance

1:00-2:15- LUNCH (*lunch will be on your own—lots of easy access restaurants around!*)

2:15-3:45 – “It’s not trauma, it’s not my childhood—I just hate people!” Successes and Failures in Increasing Self Awareness in Public Safety

3:45-4- break

4-5: “I changed my mind about therapy—and here’s why” - Hear it from a Cop

October 2

9:00-10:30- “I don’t bring this job home with me.” The culture of secrecy and how it breaks families—hear it from a healed LE family

10:30-10:45- break

10:45-12:00- “I’ve already tried that. It doesn’t work.” Live demonstration with an officer on increasing buy-in using their own language, culture and experiences.

12-1:15- LUNCH (*lunch will be on your own—lots of easy access restaurants around!*)

1:15-2:00- Unwanted- stories of administrative and blue on blue betrayal, and how to help cops navigate it

2:00-2:15- Break

2:15-3:30- Live Exercise- practice mini-session with high trauma exposure session

3:30-3:45- Break

3:45-5:00- Live Exercise- practice mini-session with “I’m fine”: one word answers and deflection to conversational topics