



# RESILIENCY & WELLNESS IN PUBLIC SAFETY

## DATE

July 23, 2026

## TIME

8:00am-5:00pm

## COST

\$150.00

## LOCATION

Seal Beach Police Department  
911 Seal Beach Blvd.  
Seal Beach, CA 90740

## DESCRIPTION

This 8-hour course was created for anyone working in public safety. It is an opportunity to put your phone on silent and dig deeper into mental, physical, and spiritual awareness. Increasing awareness of your values, conditioning, triggers, stressors, and traumas will empower you to take control of your well-being. By learning to navigate difficult experiences rather than relying on unhealthy distractions, you can effectively manage discomfort. This course is hands-on and ultimately, the goal is to help you live your best life and find lasting happiness.

### Topics include:

- Stress, Trauma and the nervous system
- Tactics for engaging our parasympathetic system for relaxation, improved sleep, immunity and relationships
- Doing more with less: Strategies to mitigate burnout and compassion fatigue
- Sleep: How to do it better
- Best practices for processing critical incidents to mitigate cumulative trauma and PTSI
- Addiction through a different lens: An attempt to find a solution to fix the pain
- Strategies to increase healthy communication in relationships
- Resiliency- A Growth Mindset
- Self Assessments

## PRESENTER



### Heather Williams, PsyD.

Premier First Responder  
Psychological Services

After spending the last 20 years responding to critical incidents in partnership with law enforcement and 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Heather elected to take her passion to another level and in 2019, established Premier First Responder Psychological Services. As a licensed psychologist, Heather has committed to serving and protecting public safety and their family members by providing exceptional, culturally competent services. She offers individual, couples, and EMDR therapy, 24/7 crisis response services, critical incident debriefing, peer support development, oversight, training/presentations, consultation, active shooter response, and recovery coordination/crisis response services.



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