



Traumas of Law Enforcement

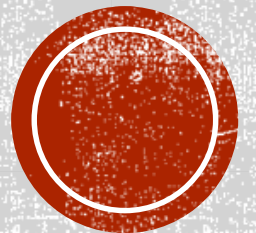
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INJURED OFFICER

LIFE & MARRIAGE AFTER A CRITICAL INCIDENT

**OFFICER LINDSAY MCCALL LONG (RET.)
& JASON LONG**



OBJECTIVES



Healthy communication
before and after trauma



Walking towards the
new you after a critical
incident or trauma



Strong support systems
in the aftermath of
trauma



THE PRINCESS & THE CAVEMAN



CRITICAL INCIDENT BEFORE SHOOTING

- **POST PARTUM DEPRESSION (2017)**
 - Jason was a brave man.
 - **WE** went to the doctor.
 - Shifted our communication and how we pay attention to each other.
 - Extended family communication.
 - Self-care and therapy.





ME & MY PARTNER

**She is a badass and my
pain meds were good.**





BROTHERLY SUPPORT & TRUST

**ARE YOU SURE
THE BAD GUY
DIDN'T JUST
SHOOT YOU?**



LIAM'S ANXIETY

Crying.

Falling asleep
at odd times.

Upset stomach.

Throwing up.

Worried about
me getting hurt
again.

Sneaking my
uniform shirts
to work.

Not his usual
self.

Wanting to
protect me.

Elaborate
dreams.

Asking more
questions about
my shooting.

Trying to ease
his fears.



ELLA AKA THE BOOB MONSTER

All she wanted to
do was
breastfeed.

Only concerned
about herself.

Does not really
understand what
happened to me.

Mommy has a
"zombie" arm.

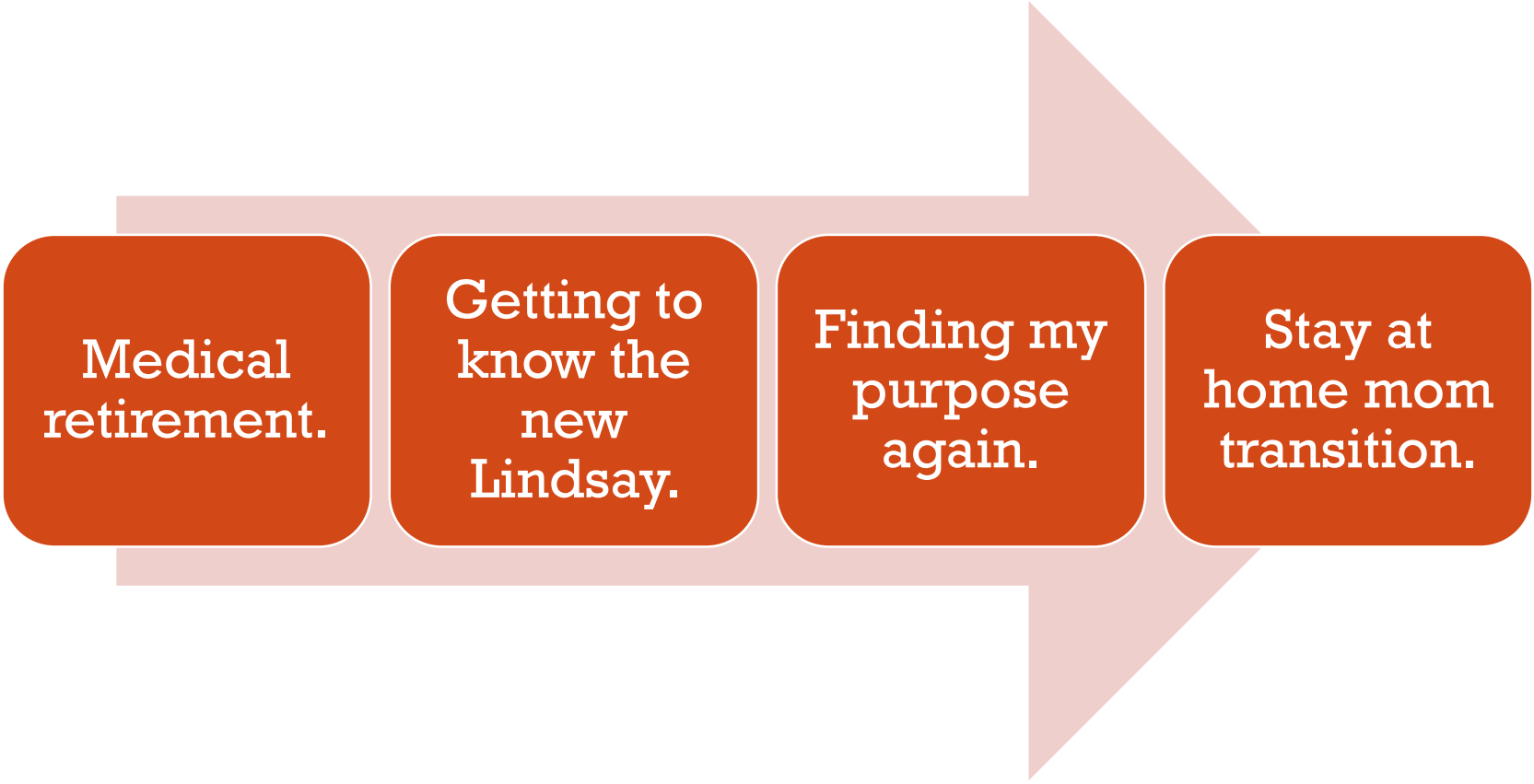


TRYING ALL THE THINGS

- Talking
- Tempe PD Peer Support
- Therapy
- EMDR
- Physical therapy
- ERAP seminar
- Reiki
- Dynamic Mobility
- Dr. Zen
- Spin class
- Cereset
- 100 Club of Arizona
- The Wounded Blue
- Meal train
- Tempe Police Department
- Craig Tiger Act



WHAT COMES NEXT?



Medical
retirement.

Getting to
know the
new
Lindsay.

Finding my
purpose
again.

Stay at
home mom
transition.





THE LONG PACK



WHAT WE LEARNED

- Importance of real communication
- Our communication style
- Value of honesty (PPD)
- Kids are a lot smarter than we give them credit for
- The more support the better
- Support is not one size fits all – Be Your Own Best Advocate
- Be careful what you ask life for
- Be grateful of every moment you have



**BE YOUR OWN BEST
ADVOCATE**



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