

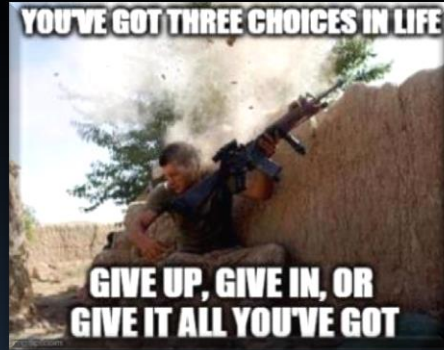
Tania Glenn and Associates, PA Trauma Defense Team

Resilience for Williamson County Sheriff's Office



Presented by: Tania Glenn, PsyD, LCSW

What it's all about...



Who We Are....

- ❖ A private practice dedicated to serving first responders and military members, as well as their family members
- ❖ Our specialties include treating PTSD, Anxiety, Depression and Substance Abuse
- ❖ We also do consulting and training in Peer Support, Resilience, Planning and Preparation for Incidents

My Team



Curtis



Jennifer



Erin

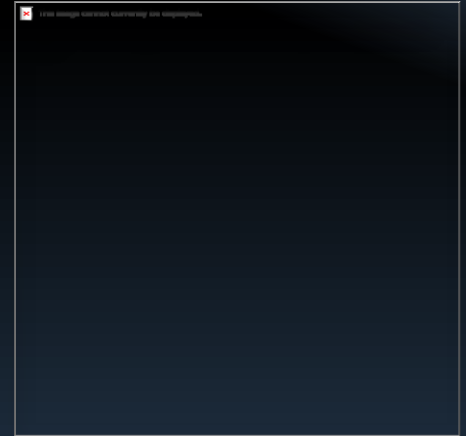


Jenny

Our Local Affiliates

- ❖ We travel nationally and internationally for many of our customers, but the local ones include:
- ❖ Austin/Travis County EMS, N. Blanco County EMS
- ❖ Cedar Park, Round Rock and Hutto Police Departments
- ❖ Cedar Park, Leander, Georgetown Fire Departments
- ❖ Fayette County EMS and Sheriff's Department
- ❖ Lake Travis Fire Rescue
- ❖ STAR*Flight*, PHI Air Medical, Air Evac Lifeteam

My History



The Challenges for First Responder and Corrections Officers

❖ Trauma and Stress

❖ Fight or Flight

- Acute Stress
- Delayed Stress
- Cumulative Stress
- Post-Traumatic Stress Disorder

The Solutions

- ❖ **Immediate Crisis Intervention**
- ❖ **Peer Support Teams**
- ❖ **Appropriate therapy for first responders and corrections**
 - **Casual, relaxed, non-clinical atmosphere and attitude**
 - **Non-judgmental and they can say anything**
 - **Counselors who are trained and experienced in working with this clientele**
 - **Counselors who ride out and understand the culture**
 - **Eye Movement Desensitization and Reprocessing for PTSD**

Questions and Answers

TANIA GLENN AND ASSOCIATES, PA



"Pain is inevitable, suffering is optional."

TANIA GLENN, PsyD, LCSW

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