



# **Stress Management Presentation Olathe Police Department Project BESTOW**

**Presented by Patrol Officer David Weber, MA, LPC, NCC, EMDR, DBT**



**WHEN: December 13<sup>th</sup>, 2013 from 1600 to 1700 hours**

**WHERE: OPD Large training room**

**\*Basic facets of stress management unique to law enforcement professionals**

**\*Facts about the negative impact stress can play if not managed properly**

**\*Stress management techniques presented from a holistic wellness model.**

**\* Resources for stress management provided to include confidential self administered tests**