



Fear and Anger: Mastering the Hidden Enemy

105 Min. - Telecourse DVD (New)
June 2005

This program focuses on dealing with fear, anger, stress, post-traumatic stress disorder (PTSD), depression, and critical incident management. The program goal is to ensure officer and public safety, exemplify model professional behavior, teach techniques to control and modify emotional reactions, and to enhance officers' control of situations-- from minor infractions to major crime fighting.

The Telecourse DVD offers three viewing options:

1. Play Telecourse in its entirety (105 min.)
2. Select among seven Telecourse segments:
 - Introduction (19 min.)
 - Stress Factors (12 min.)
 - Handling Anger (13 min.)
 - Real Life Heroes (17 min.)
 - Dealing With Fear (4 min.)
 - Understanding PTSD (24 min.)
 - Adapting to Change (8 min.)
3. Select among six Interaction segments:
 - The Finger Flinger (2 min.)
 - Anger and Frustration (3 min.)
 - Tale of Two Families (3 min.)
 - Sgt. Marcus Young Incident (17 min.)
 - Rush to Judgment (4 min.)
 - Persistent Pursuit (6 min.)

POST Course Control Number: **xxxx-30001-xx033***
Telecourse Module Number: **05-06**
DVD Shipping Date: **06/30/05**
Reference Guide: **None**

* Specific to DVD only. The first four digits of the Course Control Number (xxxx) is the preassigned Telecourse Presenter Number specific to your agency; the tenth and eleventh digits (xx) are the fiscal year in which your agency presents this program. See website for detailed instructions.