



## Reflections of a Police Psychologist

By Jack Digliani

Xlibris, Corp. Paperback. Book Condition: New. Paperback. 270 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Reflections of a Police Psychologist is an account of the experiences, thoughts, and observations of a seasoned police veteran. It is written for police officers and those who would like a glimpse into the world of policing from the perspective of a former police officer and current police psychologist. Dr. Digliani discusses the major challenges facing those first entering police work. He addresses police field training, and identifies the ten police field training pitfalls. The P. A. T. R. O. L. program, developed to assist new officers, is outlined. It involves an orientation and phase meetings between new officers and the staff psychologist to support them throughout field training. Dr. Digliani discusses how stress management becomes life management within the concepts of life-by-design and life-by-default. Inside the parameters of life management, a list of Some Things to Remember functions as an instrument for transactional change. The issues related to traumatic stress and exposure are discussed. The insights presented originate out of years of treating officers exposed to traumatic events. The role of police peer support teams is examined. Models for a peer support team policy and...

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