



A Street Survival Guide for Public Safety Officers: The Cop Doc's Strategies for Surviving Trauma, Loss, and Terrorism

Daniel Rudofossi

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An expansion of Dr. Rudofossi's theory of *Police and Public Safety Complex Trauma*, this text integrates other models of trauma and loss into a one-of-a-kind intervention model. It offers insider perspectives from police psychologists, police managers, and clinicians describing what police personnel experience on the job, along with expert intervention and advice. The author also introduces the *Eco-Ethological Existential Analysis* concept and includes case studies to demonstrate ideas and techniques. The examples highlight each of five personality styles. This practical guide to dealing with the cumulative effects of repeated stress, trauma, and exhaustion is a critical resource for police, paramedics, and correctional personnel.

Dr. Rudofossi spoke on the Donna Seebo radio show to discuss his book and issues surrounding post traumatic stress disorder. He was a featured guest on American Heroes Radio on April 3, 2012.

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