

## **Understanding the Impact of Trauma** in Law Enforcement

The effects of long-term trauma are often overlooked when someone has chosen a career in which they are constantly exposed to primary or secondary trauma. For many noncommissioned law enforcement personnel, this exposure has been intensified in both nature and frequency as BWC have evolved. This training will focus on the impact of trauma, ways to understand it and skills on how to mitigate and navigate these topics.

## About the Instructor -Phoebe Mulligan

Phoebe Mulligan, LICSW has been providing services to trauma survivors since 2006. She previously served as Clinical Director of a mental health agency in Pierce County before opening a private practice in Tacoma, WA. Additionally, she is currently the Mental Health Professional for ten local law enforcement departments. Phoebe is regularly invited to speak regionally on Evidence-Based Practices, effects of trauma on children and adults, and as an expert on anxiety and secondary trauma. She is a part time lecturer in the University of Washington (Seattle) Social Work master's program where she graduated from in 2007.

