



# Preparing Your Backpack: Emotional Survival for the EMS Professional

Presented by: Stratford EMS Training & Education Center

## COURSE TYPE

CONTINUING MEDICAL  
EDUCATION (CME)

## COST

FREE

## AUDIENCE

EMS Responders – All Levels

## LOCATION

Stratford EMS Headquarters  
2712 Main Street  
Stratford, CT 06615 USA

## CONTACT INFORMATION

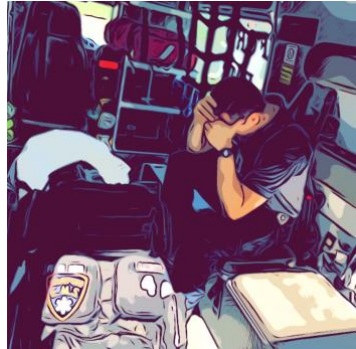
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Stratford EMS  
Visit us @ Stratfordems.org



**Date:** Monday, August 26, 2019  
**Time:** 1800-2000  
**Location:** Stratford EMS Training & Education Center  
2712 Main Street, Stratford, CT 06615  
**CME:** 2.0 hours SHCGB #1949 (ICC)  
**Cost:** Free

## Speaker: Stephen James Johnson, EMT, EMS-I

*Public safety professional with experience in public safety communications, emergency services chaplaincy, emergency medical services, community corrections, and private security. Stephen is an ordained pastor and is thoroughly trained in critical incident stress management, peer support, and crisis intervention. Stephen earned his Bachelor of Arts in Psychology and his Bachelor of Science in Criminal Justice from the University of New Haven and his Master of Arts in Theological Studies from Liberty University School of Divinity.*

## Description:

Our industry recognizes the profound impact of work-related stress on our lives, but if we are going to thrive in our careers, we need to move beyond awareness and take active steps to prepare our emotional backpack for the journey ahead. This course reveals the factors that make us vulnerable to cumulative and critical incident stress, provides us with tools to survive the demands of our profession, and empowers us to experience more joy both on and off the clock.

**Intended Audience:** BLS and ALS EMS Providers/ All First Responders

## REGISTRATION REQUIRED

(Please select a link below)

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Town of Stratford,  
Connecticut