

Suggested Reading for Officers

- 1. The Drug Addict Pattern**
By Jacobus Kotze
- 2. To Serve and Protect: Law Enforcement Officers Reflect on Their Faith and Work**
By Judith A. Kowalski, Dean J. Collins
- 3. CopShock: Second Edition**
Surviving Posttraumatic Stress Disorder (PTSD)
By Allen R. Kates, MFAW, BCECR
- 4. Emotional Survival for Law Enforcement: A Guide for Officers and Their Families**
By Kevin M. Gilmartin
- 5. I Love a Cop, Revised Edition: What Police Families Need to Know**
By Ellen Kirschman PhD
- 6. Cops Don't Cry: A Book of Help and Hope for Police Families**
By Vali Stone
- 7. Stress Management in Law Enforcement, Second Edition**
By Leonard Territo, James D. Sewell
- 8. Dealing With Police Stress on the Homefront**
By Erica Dreadfulwater
<http://www.policemag.com/blog/careers/story/2013/09/how-spouses-can-deal-with-police-stress.aspx>
- 9. Importance of self-care and buddy-care for patrol officers**
Steve Rabinovich
<http://www.policeone.com/Officer-Safety/articles/3439481-Importance-of-self-care-and-buddy-care-for-patrol-officers/>
- 10. In Harm's Way: Help for the Wives of Military Men, Police, EMTs, and Firefighters**
By Aphrodite Matsakis
- 11. Not So Obvious Police Stress**
by Terry Constant
<http://www.tearsofacop.com/police/articles/constant.html>
- 12. The Police Wife Life, Selfish Is Not An Option**
By Melissa Littles
<http://blissinprogress.hubpages.com/hub/Police-Wife-Life-The-Joys-and-Jitters-of-a-LEO-Wife-by-Melissa-Littles>

- 13. A Chip on My Shoulder – How to Love Your Cop with Attitude**
By Victoria M. Newman
- 14. The Shack: Where Tragedy Confronts Eternity**
By William P. Young
- 15. Spiritual Survival for Law Enforcement Paperback**
By Cary A. Friedman
- 16. A Stress Management Prescription for Law Enforcement and Police Officers**
<http://www.copsalive.com/a-stress-management-prescription-for-law-enforcement/>
- 17. Toughing it Out: Posttraumatic Stress in Police Officers**
Stigma, secrecy and job security underlie the OPP's problem with PTSD
By Robert T. Muller, Ph.D.
<http://www.psychologytoday.com/blog/talking-about-trauma/201302/toughing-it-out-posttraumatic-stress-in-police-officers>
- 18. Impact Of Stress On Police Officers' Physical And Mental Health**
<http://www.sciencedaily.com/releases/2008/09/080926105029.htm>
- 19. Police Mental Health**
<http://policementalhealth.blogspot.com/>
- 20. The Mental health impact on police officers working directly with victims**
Prof. Dr. Em. Stijn Jannes
(Power point)
<http://www.mhe-sme.org/assets/files/DAPHNEProject/The%20mental%20health%20impact%20on%20police%20officers%20working%20directly%20with%20victims.pdf>
- 21. Evaluating And Managing Police Officers' Well-Being**
By Serdar Yildiz
- 22. Law Enforcement Families: The Ultimate Backup**
by James T. Reese
- 23. Living with LEO: Law Enforcement Officer**
By Sherry Engler
- 24. The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.**
By Mary Beth Williams and Soili Poijula