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I LOVE A COP

THIRD EDITION

What Police Families
Need to Know

ELLEN KIRSCHMAN, PhD

Ellen Kirschman

I Love a Cop, Third Edition: What Police Families Need to Know



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Police families are brave, resilient, and proud--and they face remarkable challenges, sometimes every day. Now thoroughly updated for today's Mental health professionals, see also *Counseling Cops: What Clinicians Have to know*, by Ellen Kirschman, Tag Kamena, and Joel Fay. The 3rd edition features the most recent information, new tales from police family members, two fresh chapters, and fully updated resources. Trusted professional Ellen Kirschman gives you practical ways to manage the strain of the work and create a healthy, supportive home environment. Dr. Kirschman acknowledges the tough realities of lifestyle on the power and offers frank, realistic ideas for handling everyday relationship dilemmas along with serious issues like trauma, domestic violence, and alcohol misuse. Whether you browse this resource cover to cover or grab it when complications arise, you will see no-nonsense guidance to greatly help your family thrive. In turbulent occasions, this is the reference that cops and their loved ones possess relied on for decades.



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A Must Read for anyone who understands and loves a LEO I browse the original book years back and ordered the newest edition to see what changed. She review articles the mental stages most officers go through, in layman's conditions; The occupation has changed a whole lot since the 1st publishing and the writer is definitely still associated with agencies and individual officers. The writer, Dr. I would (and do) recommend it to any police officer, spouse and family. That's is an extremely helpful tool. the early, middle, and later years as a cop. I really like what I've read up to now. I can't wait to finish reading it. Was just disappointed as the first book came dirty or else I would rate five star. Good Read Anyone who also "loves a cop" should read this. It offers you valuable understanding and tells you what to be familiar with and kind of consider. Problems can range between what it means to both cop and spouse (from their different perspectives) to be 'married to the job', spillover from professional to family members existence, and which conversations to share with your spouse. Must have! Very eye opening Selected the buy new button, but when I opened the package the book was dirty, sticky and had something brown spilled along all of the pages. My hubby is a Leo for 12yrs. There's alot for spouse's to relate to. what forms of change we can or can't control. You wont end up being disappointed! Informative.The author notes that 'change' and 'control' are central themes; Great go through and recommended for all law enforcement families I really like her work and insight Great read Great book The impact of police work on personal/professional life This perceptive book is packed with realistic tips for cops and other responders, and their spouses and families, and it covers a wide range of personal/professional issues. As the wife of a career law enforcement officer (38 years face to face), I am a big enthusiast of this reserve. Kirschman, suggests the reserve can be read entire (it's easy reading), or consulted as a manual for specific issues. Informative. It's essential a read! Police function carries more tension than most careers and she presents insights into coping with the pressures. She discusses romantic relationships and how they are able to uniquely influence cops. I'm pleased I waited for the new edition to turn out before purchasing since it address the new challenges LEOs face in today's ever changing world.Similarly valuable, the book contains a list of resource organizations (with brief descriptions) that support police, both for personal, family, and spouse issues. I was very surprised to see how updated it really is! I exchanged it and the next book had nothing incorrect with it. She discusses abusive relationships, family members and partner violence, and remaining safe. For each issue, she includes solutions or strategies in 3 ways: 1) gray boxes titled "Guidelines For...";The writer is a police psychologist and is well alert to the problems that may affect cops and their own families. She brings you right into a cop's life as she's real-life examples for almost every issue examined. Finally, she addresses police coping with potential suicide, alcoholism, and addiction problems, or having it within their families. 2) bulleted lists; or 3) she merely includes suggestions at the end of the same paragraph. She is both compassionate and realistic. She also covers coping with trauma, organizational tension, working on shifts or separations due to the job, panic attacks, watching another person in pain, and getting overprotective or cynical. Finally, for all those wanting even more in-depth insurance of a specific problem, she's included Recommended Reading.



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