



Prevention-Focused



Life-Enhancing



Crisis Management



STRENGTH in Corrections is a usable and straightforward training solution that uses advanced psychological techniques (without the requirement of a mental health professional) to impart the skills required to effectively cope in a stressful environment, prevent burnout, & save significant employer-related costs.

What is Resiliency?

It is a psychological term that refers to an individual's ability to recover from difficulties. In corrections, it is an individual's ability to return to baseline after a stressful or traumatic event. Every individual responds to stress differently & therefore has different resilience.

Developing resiliency using **STRENGTH in Corrections** means that people bounce back quickly, solve their own problems efficiently, and continue productive work, even in the face of stressful challenges.

Why STRENGTH in Corrections?

STRENGTH in Corrections is different. **STRENGTH in Corrections** training is:

Preventative	creates a "problem-solving" rather than a "burnout" culture.
Proven	based in cognitive psychology through scientific testing.
Self-Sustaining	designed as a peer-support program.
Stigma-Free	delivered to an entire cohort, so no-one is singled out.
Affordable	workplaces report a 230% ROI on resilience and wellness programs.
Applicable	Suitable for staff at all levels.

What is STRENGTH?



25%

of studied officers could meet the criteria for PTSD.

(CSC, 2003)



Prevention Focus

Efficient & avoids stigma



Skills-Based

Based on Rational Workplace Productivity Programs



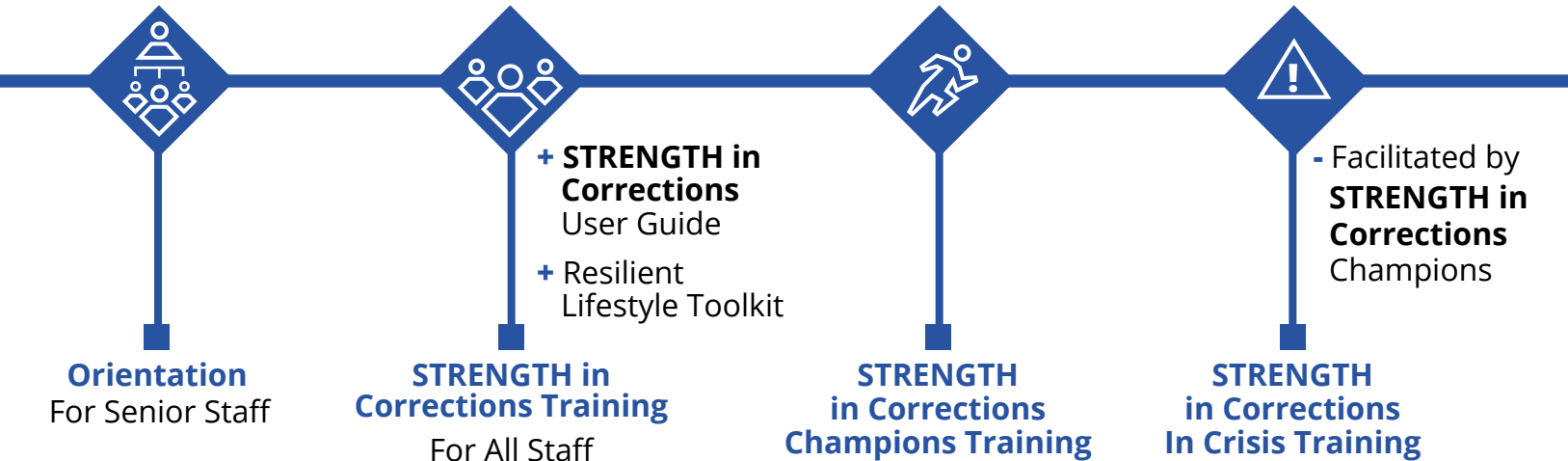
Unique Environment

Repeat stressors & a unique mindset

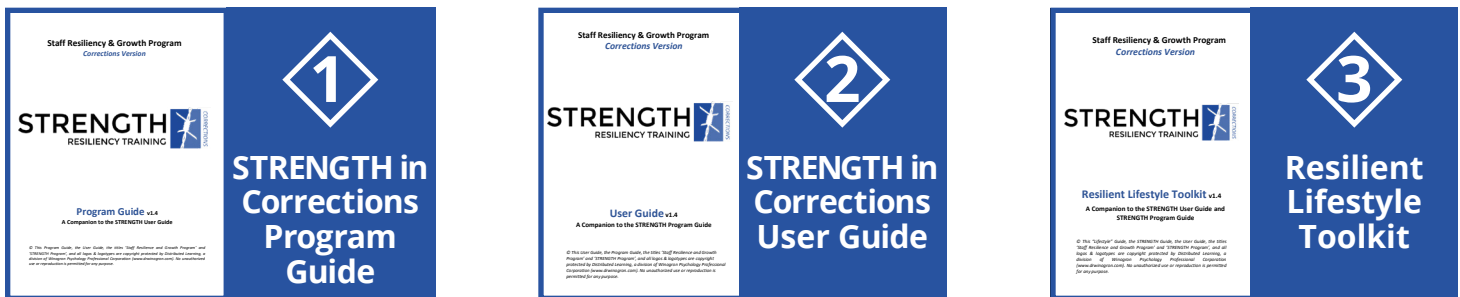


STRENGTH in Corrections Resources

The program consists of a suite of tools. Each tool has its own manuals, exercises, presentations, and handouts available in traditional classroom format or online:



STRENGTH in Corrections Supporting Materials



About Dr. William Winogron

Dr. Bill Winogron is a clinical psychologist with over 20 years of experience in both general and correctional psychology. He is the lead developer of the STRENGTH Corrections Resiliency Program. Dr. Winogron has authored several internationally-successful treatment, training & educational programs in psychology over the last decade. He has trained hundreds of therapists & graduate students, & has delivered thousands of client sessions using cognitive behavioral therapies. He has achieved "Approved Supervisor" & "Associate Fellowship" status at the Albert Ellis Institute in New York, N.Y. and is Co-Director at the "Centre for Rational & Cognitive Therapies".

How To Purchase

Talk to a member of the MHS Public Safety team:

✉ services@gifrinc.com

Are you ready to implement STRENGTH in Corrections at your organization?

➦ www.gifrinc.com/strength-corrections