



ER 4 ER

EMOTION REGULATION FOR EMERGENCY RESPONDERS

DESCRIPTION

The goal of the Emotion Regulation for Emergency Responders (ER 4 ER) training is to increase healthy coping skills in fire service members. Fire service members will learn how to recognize, process, and manage emotions, using evidence-based techniques rooted in cognitive behavioral therapy. Strong emotional regulation can aid in a higher quality of life, both on and off the job.

FORMAT

This on-demand course is divided into four video modules, which can be completed in one sitting or in separate sessions. The course includes a pre-test, knowledge checks, a post-test, and a certificate of completion. This course will take about two hours to complete.

DEVELOPED FOR FIRE SERVICE MEMBERS

This course was developed by the Warriors Research Institute, in collaboration with the International Association of Fire Fighters (IAFF). The IAFF is the largest labor union for fire service professionals, representing over 340,000 professional fire fighters and paramedics across the United States and Canada.

COURSE OBJECTIVES

- Describe how emotions are adaptive
- Label different parts of an emotional response
- Recognize emotional triggers
- Describe the benefits of mindful emotion awareness
- List options to practice mindful emotion awareness
- Define cognitive flexibility
- Explore strategies to overcome barriers to flexible thinking
- Identify emotionally driven behaviors

HOW TO ACCESS THE COURSE

- [Click here](#) or visit lms.iaff.org and search “Emotion” in the course catalog
- Log-in or create an account
- Click “Register Myself”

WHO SHOULD COMPLETE THIS COURSE?

The course was designed to enhance the knowledge of IAFF trained peers but is open to any fire service member or the public.