



Law Enforcement Training Advisory Commission

840 S. Spring Street, Suite B • Springfield, IL 62704

Phone (217) 726-7014 • Fax (217) 726-7833 • Email letac@mtu10.com • Website www.letac.org

Bruce Liebe, Director

Anger Management for Cops

October 27, 2023

8:00 a.m. – 4:00 p.m.

LETAC Training Center

840 S. Spring St, Suite B, Springfield, IL

***This course is ILETSB approved and certified for the following mandates: Crisis Intervention (2hrs)
Officer Mental Health and Wellness (6hrs)***

Course Overview:

This course is designed to provide specialized techniques to officers, to help maintain positive attitudes with a variety of people, most who are in trauma or crisis. To achieve the goal of anger management the focus will be placed upon: (Amongst a host of other topics)

- How anger works and its stages
- Types of anger in general life
- What causes anger in cops
- How anger affects the human body
- Common Anger triggers

Instructor: Gail Sullivan

Gail P. Sullivan graduated from Loyola University (BA) and DePaul University (MA) with honors. She has worked in social services and criminal justice for the past 25 years in the private and public sectors. She has provided therapy to 100 employees (Illinois certified) to serve the needs of sexually traumatized and problematic children under the age of 12 years. As an expert, she was on the States Attorney Task Force for the Mass Molestation of Children and the Cook County Child Death Review Team. She has developed curriculum that meets State requirements for the certification of juvenile police officers. She provides training for Cook County Adult Probation, Illinois Crisis Intervention Team and Homeland Security, as well as MTUs across the state.

Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10

Serving the Counties of Christian • Dewitt • Logan • Macon • Mason • Menard • Montgomery • Sangamon



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Non-Member Tuition: \$0.00 Non-Member. If a pre-registered student from a Non-Member agency fails to attend training, and the agency fails to provide advance notice within 7 days of the start date of that class, the agency will be invoiced the entire amount of the student's tuition.

To Register: Email registration to register@letac.org. You may also fill out and submit our online registration form through the website at www.letac.org or call 217-726-7014 to register by phone (be sure to include all pertinent information). **MTU#10 Law Enforcement members who are under the mandate requirements will be given priority on state mandated courses and then MTU#10 local members. If it is not a mandated course, all MTU# 10 local members will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. *We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.***

Cancellation: If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address given at registration, so please be sure to provide an email address which is checked often.