



Colorado State Fire Fighters Association
Is rolling out it's classes for the
June 104th Fire College
At South Metro Training Grounds (Parker)

Numbing & Triggers

How Maladaptive Coping Strategies Impact the Lives of First Responders.



Dr. Joshua T. Goodwin, retired special agent and counterespionage case officer, a keynote speaker, and a published academic author. In 2004, Josh was injured during a mortar blast while serving in Iraq. Despite suffering from the effects of traumatic brain injury and post-traumatic stress, he would return time and time again serving over 1,000 days at war. After a series of failed coping attempts, he entered an intensive outpatient treatment program changing his life forever. Now, Josh is making mental health his next mission. He and his wife have leveraged their training, experience, and education to build a company equipped to help heroes and their families successfully navigate the stress and trauma that comes from being in the military and first responder communities.

Do you find that the better you get at your job, the worse you get at life?
Are you experiencing some "numbing"? Maybe things you used to like, you've recently lost interest in? If any of these concepts sound familiar, then this class is for you! Dr. Josh Goodwin, a retired counterespionage case officer and special agent, will discuss maladaptive coping and its impact on our lives as first responders. He will talk about how the skills we learn at work keep us safe on duty but can negatively impact our personal lives. Josh will talk about what they are, how to recognize them, and provide some tips to overcome them to help you continue to be great in your job,

Don't miss it!

Class is Thursday June 23, 2022 - 1:00 to 5:00.

This class is a classroom only

Class Fee is \$ 75.00 per student

No PPE needed

Go to csffa.org for more information and registration