

Course ID	P45377	Stress Management (Online)		
Program	Police		Status	Active
Subject	Inservice		Credit Hours	2.00
Instructor			Pass Score	0.00
Provider	Division of Parole and Probation		Approved	12-22-2020
Location	Division of Parole and Probation		Period From	5-10-2020
Course Type			Period To	5-10-2023
Training Type			File Number	
Attribute	Police eLearning			
Attribute				
Attribute				
Attribute				
Attribute				
Attribute				

Persons who complete this course will be awarded the following certification.

**Certificate
Status
For Period**

Course Description

This course will instruct agents in defining and recognizing the various types of stress, recognizing the signs and symptoms of stress, and through the use of slides, lecture, and video, agents will be provided with various methods and techniques they can utilize on their own to reduce stress.

** COURSE REVISED TO 2 HOURS EFFECTIVE 12.22.2020**Duplicate of C17015 for DPP Webinar.

Class Sessions

DEC 22, 2020

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MPCTC
Course Profile Report

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Course ID	C17015	Stress Management (Online)		
Program	Corrections		Status	Active
Subject	Inservice		Credit Hours	2.00
Instructor			Pass Score	0.00
Provider	Division of Parole and Probation		Approved	12-22-2020
Location	Division of Parole and Probation		Period From	5-10-2020
Course Type			Period To	5-10-2023
Training Type			File Number	
Attribute	Correctional eLearning			
Attribute				
Attribute				
Attribute				
Attribute				
Attribute				

Persons who complete this course will be awarded the following certification.

Certificate
Status
For Period

Course Description

This course will instruct agents in defining and recognizing the various types of stress, recognizing the signs and symptoms of stress, and through the use of slides, lecture, and video, agents will be provided with various methods and techniques they can utilize on their own to reduce stress.

** COURSE REVISED TO 2 HOURS EFFECTIVE 12.22.2020**

Class Sessions