

The third group of psychologists from the Police of the Czech Republic took part in a training course at the Spiritka facility in Prague during the week of August 29 to September 2, 2022, which summarized new perspectives on psychotraumatology, based on neurobiological findings. The course, like the two previous ones, was funded by Norwegian grants and was included in the educational program package "Increasing police competence in preventing and combating crime, strengthening communication skills with the public and awareness of human rights".

Psychotraumatology is a field that deals with the prevention and reduction of the consequences of experienced trauma. The course was a summary of new findings based on neurobiology. During the course, psychologists were introduced to the Somatic Experiencing® approach, which is used when working with stress and somatic problems caused by stress and post-traumatic stress. Similarly, the EMDR (Eye Movement Desensitization and Reprocessing) method is used to alleviate the discomfort that accompanies memories of a traumatic event.

The third run of the course was attended by 14 psychologists working in various departments of the Police of the Czech Republic, who were trained by domestic and foreign lecturers. The purpose of the course was to acquire the latest knowledge about working with a traumatized person, which trained psychologists can now directly use in their practice. The effectiveness of each of the techniques that psychologists have become familiar with is not only verified by scientific research, but these techniques have already been implemented in some armed services.

The course was exceptional in that it brought police psychologists a significant expansion of knowledge in the field of psychotraumatology with modern approaches. After completing the third course, more than 90% of the psychologists of the Police of the Czech Republic are trained in new knowledge that they can use in their practice when working with traumatized persons.