

**C-12**  
**CRIMINAL INVESTIGATIONS**  
**CORE POLICING COMPETENCY: LIFE STRESSORS/SELF-AWARENESS/SELF REGULATION**

**LEARNING ISSUES:**

- Non-defensive acceptance of criticism
- Handling workload, assignments/time management
- Controlling of one's emotions
- Managing relationships with PTO/co-workers/supervisors
- Awareness of situations which causes personal stress
- Other issues relating to stressors, self awareness and self regulation during criminal investigations

**RESOURCES:**

- DPD G.O. 2022, R-2: Wellness Program
- DPD G.O. 4067, R-1: Officer Involved Shootings, In-Custody Deaths or Serious Injuries
- DPD Uniform Patrol Work Schedule, CID work schedules
- Psychological services
- Critical Incident peer support group

**LEARNING OUTCOMES:**

1. The trainee is able to describe strategies to deal with stress, self-awareness and self governance.  
The trainee is able to identify relevant SOPs and policies that address lifestyle stressors and those that govern self-awareness and regulation during training.
2. The trainee is able to recognize stressful circumstances, events and apply appropriate strategies to deal with them.
3. The trainee is able to evaluate the effectiveness of their use of the reference material listed in this competency.