



Law Enforcement Families: The Ultimate Backup

James T. Reese PhD, Cherie Castellano CSW, LPC

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This book brings home to law enforcement officers and their families an appreciation for what each other are going through and how to foster "mutual support". Law enforcement developed from simple, uncomplicated functions involving little stress into complex and stressful endeavors requiring highly trained personnel.

Authors, James T. Reese, PhD and Cherie Castellano CSW, LPC, have spearheaded the essential psychological services that have become common place in law enforcement organizations today.

More importantly, this book is an attempt to assist officers and their families in restoring order in their personal lives.

This book offers suggestions for solutions. During discussions with law enforcement officers and their families, the authors have learned that **without a support system, cops fail**. Thus, the theme of this book emerges: our families are our ultimate backup. Without them, we lose, and America loses.

Who Should Read This Book

It should be read by officers and their spouses alike. If the shoe fits, wear it. Don't beat yourself up, have a pity party, blame the job, or live in the past. If you are divorced or separated, and believe the job may have been the culprit, realize that it could have never been more than a partial factor. Ensure that it was not caused solely by your behavior and/or attitude. Would a new job have saved your marriage? Or would a new attitude have served you better, regardless of your job? If we find other things, such as our jobs, to blame our failures on, none of our failures will ever be our fault. We will continue to find ourselves in new relationships and will not feel obliged to change. If you always do what you've always done, you'll always be what you've always been. Our remedies to repair family issues should begin in our homes with an honest evaluation of how our behavior affects those we love.

It seems logical to ask, "What makes this book unique from any other book on police families?" The authors both have extensive (possibly unequaled) experience and training in this field. However, they come from very different backgrounds, and, therefore, have different perspectives. Both are authors and give keynote presentations throughout the world on topics of law enforcement stress, trauma, and coping. One is a law enforcement officer and the other a law enforcement spouse. What they found as two unrelated practitioners in the areas of police wellness was a need **to portray the law enforcement officer's family plight in proper perspective**, and expose others to the stress and pressures on the officer, the officer's spouse, and their children.

It takes very special people to make up a law enforcement family. As officers, we must help families understand who we are and why we think the way we do. Only then can they support us, help us, and, hopefully, change us.

Law Enforcement Families: The Ultimate Backup will shed light on the issues and provide some solutions. Law enforcement is a wonderful and rewarding profession, employing some of the brightest and most sensitive people in the world. The authors challenge us as officers examine the job, the changes it creates in officers, and its impact upon families. Only then can we truly "serve and protect," not only the public, but the ones we love, to the best of our abilities.

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Law Enforcement Families: The Ultimate Backup can be one of your beginning books that are good idea. We recommend that straight away because this guide has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to get every word into satisfaction arrangement in writing Law Enforcement Families: The Ultimate Backup but doesn't forget the main level, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one among it. This great information could drawn you into completely new stage of crucial pondering.

David Barr:

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Amanda Furr:

Is it you who having spare time after that spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This Law Enforcement Families: The Ultimate Backup can be the answer, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this new era is common not a geek activity. So what these textbooks have than the others?

Miguel Sherman:

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