



# PEER SUPPORT & CRITICAL INCIDENT DEBRIEF TRAINING

## 40 HOUR BASIC TRAINING

Peer Support is a means for a department to show support to their employees, offering them opportunities to care for themselves and their families. Peer Support helps those, who without it, might turn to substances, illegal activity, poor performance, seeking a different career, mental health issues and even suicide.

Peer Support is an informal, private opportunity, for someone to speak to a peer, to assist with any issues the First Responder may be having difficulty. It helps clarify concerns and explore available resources. Peer Support is preventative maintenance.

This training will equip First Responders, Chaplains and Mental Health Professionals with listening skills to recognize, help to prevent and understand the effects of stress and refer to outside resources, if needed. Throughout the training, participants will be expected to participate in peer support exercises which elicit personal information and feelings. Following this training, the Peer will be able to provide services at their agency as well as assist and lead groups following critical incidents.

Pat Hinkle, M.A., LCPC, LCMFT, Rachel Murdock MS LPC, ASAC Angie Jones, M.A., Ret FAO Rob Hole, and Ret. Major Jeff Bragg provide instruction. Pat works, almost exclusively, with first responders. Pat, Angie and Jeff serve on FRST Midwest, assisting multiple departments with their Peer Support teams, instructing classes and responding to crisis situations. See attached for their bios.

### Who should attend?

- Police, Fire, Dispatchers, Paramedics, Chaplains, Mental Health Professionals that work with First Responders

**REGISTRATION IS FIRST COME, FIRST SERVED**

## TRAINING OPPORTUNITY

Topeka, Ks

June 9 – 13, 2025

8a – 5p

### LOCATION:

Northern Hills Elementary  
Topeka Seaman Schools  
5620 NW Topeka Blvd  
Topeka, Ks 66617

### CONTACT:

**Jeff Bragg**

jeffbragg351@gmail.com

### Registration

**\$425**

Cancellation policy on website:

[www.frstmidwest.org](http://www.frstmidwest.org)



**Rachel N. Murdock**, MS, LPC (MO), LCPC (KS) Beyond the Storm Behavioral Health, LLC

Rachel is a Licensed Professional Counselor in Missouri, a Licensed Clinical Professional Counselor in Kansas and board approved supervisor for provisionally licensed counselors in both states. Her practice specializes in mental health counseling for first responders, individuals experiencing anxiety, mood disorders, post-traumatic stress, and survivors of abuse.

Her passion for first responder mental health came from her experience working crimes against children for the FBI in the Victim Services Division, Child Victim Services Unit, where she served as a Child/Adolescent Forensic Interviewer and supervisor for the same unit for a total of just over ten years before resigning in January 2023.

During her sixteen-year career as a forensic interviewer at the state and federal level, Rachel conducted almost 3,000 forensic interviews of alleged victims of/or witnesses.

Rachel is also an adjunct faculty member in the Department of Psychology with Missouri State University and Southern New Hampshire University.

**Rob Hole** - Rob retired from the Lenexa Fire Department in September of 2021 as a Fire Apparatus Operator. He has 25+ years of service with the Merriam Fire Department, Independence, MOFD, Kansas City, KS FD, and then his last 18 years with the Lenexa FD. Rob led the start of the Lenexa FD Peer Support team in 2015 and remained the coordinator of that team until retirement. He currently serves as a retired member of the LFD Peer Support team, the Johnson County CISM team, and frequently provides education for Peer Support providers in the metro and beyond. Rob has had multiple battles with clinical depression which brings great compassion and empathy to his teaching.