

The idea of fostering ‘resilience’ among police and military personnel is a topic of growing interest (Andersen et al., 2015a; Cornum, Matthews, & Seligman, 2011; Reivich, Seligman, & McBride, 2011). This topic is particularly timely in light of recent media depictions of questionable use-of-force actions by police and the subsequent public retaliations against the police.

“Shooting of unarmed man in Ferguson, Missouri and subsequent riots and shooting of two police officers (CNN (August 30, 2014). 18 yr old mentally ill boy on streetcar, shot 9 times by Toronto police (CBC News, July 2013).” “Police shoot unarmed couple 137 times after car chase in Cleveland (Daily Kos, August 2013). “Homeless, mentally ill man, killed by police while camping in New Mexico (March 2014, Chicago Tribune).”

To date, the word resilience has been interpreted and applied in the context of policing in a number of ways (McCarty & Atkinson; 2012; Arnetz et al., 2009). However, as in the case of any new terminology being translated into action, we posit that it is critical to offer a consensus operational definition that is both theoretically sound and empirically tested (Andersen et al., 2015a; Andersen et al., 2015b). Bonanno (2004) discusses the unique capacity of human beings to flourish in the face of catastrophic events and recover after exposure to extreme stress and trauma. Arising from observational studies of thousands of civilians, Bonnano (2004) has offered a theoretical definition of resilience as “the ability to maintain a stable equilibrium” in the face of “*isolated* and potentially highly disruptive event(s).” (

ilia meve b3 nition oveo a m mtqblm iliur > niqbm eÒ

problems (e.g., cardiovascular diseases, cancer) over their years of service (Asmundson & Stapleton, 2008; Austin-Ketch et al., 2012; Violanti et al., 2006; Violanti et al., 2005; Violanti, Vena, & Petralia, 1998). Physical and mental health issues among police are associated with absenteeism, low job satisfaction, an increased number of sick days, as well as an increase of early retirement and poor job performance in the line of duty (Conrad & Kellar-Guenther, 2006; Norvell et al., 1998; Wright & Saylor, 1991). Covey, et al., (2013) found that police officers with symptoms of anxiety were more likely to shoot inappropriately in simulated critical incidents.

On one hand, governments in free democracies continue to invest a great deal of money into policing, which of course includes addressing the aforementioned phenomena (e.g., health problems among police). For example, the Federal Government of Canada spent more than \$13.5 billion on policing in 2012 and this number has gradually increased by more than \$350 million every year since 2011 (Statistics Canada, 2013). Although many police agencies in democratic countries (e.g., Canada, European Union, United States, etc.) are experiencing severe budget cuts, police

Thus, it is only ethical to arm these officers with mental preparedness tools, for their own health and wellbeing, in addition to the best tactical skills and weaponry. An example of resilience building tailored to military personnel is evidenced by the operational strategy of the Canadian Armed Forces “

McCreary, D.R., & Thompson, M.M. (2006). Development of two reliable and valid measures of stressors in policing: The operational and organizational police stress questionnaires. *International Journal of Stress Management*, 13(4), 494.