



I Love a Cop: What Police Families Need to Know

By *Ellen Kirschman*

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I Love a Cop: What Police Families Need to Know By Ellen Kirschman

Will police work change the person you love? Are police marriages destined to fail? What are the chances of your loved one being killed in the line of duty? Separating fact from myth, Dr. Ellen Kirschman answers these and other critical questions in the first comprehensive self-help book created specifically for today's police families. In information-filled chapters, readers will go behind the scenes with other police families as they discuss the benefits and pitfalls of police work; learn how to manage the effects of organizational stress and the pressures of unpredictable schedules, long hours and loneliness; gain awareness of the emotional, physical, and behavioral warning signs which can lead to such extreme situations as posttraumatic stress, alcoholism, suicide and domestic violence; find out where families can go for help and counseling; and get an inside look at cop couples and the special challenges facing women, minorities, and gays and lesbians on the force.

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I Love a Cop: What Police Families Need to Know By Ellen Kirschman Bibliography

- Sales Rank: #582088 in Books
- Brand: Brand: The Guilford Press
- Published on: 1997-03-07
- Original language: English
- Number of items: 1
- Dimensions: .83" h x 6.08" w x 8.96" l, .90 pounds
- Binding: Paperback
- 292 pages

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Editorial Review

Review

"This is a great book! My husband is a rookie cop and I found the book extremely helpful. I'm recommending it to all the other cop spouses and family members I know!"--Liesa M. Persaud, Tulsa, Oklahoma

"I have been a peace officer for almost 27 years and have just recently started reading Dr. Kirschman's book. I wish I had read it a long time ago!"--Jerry Evangelatos, Fremont County Sheriff's Office, Riverton, Wyoming

"I Love a Cop is 'must' reading for police recruits, police officers and their family members. Dr. Kirschman's grasp, understanding, and description of how police work provides unique challenges to the officer and the law enforcement family is grounded in years of experience helping police officers and their families through issues and problems commonly encountered in police work. She not only identifies law enforcement career problems, but also offers simple and practical ways to prevent or remedy potential adverse effects of police work on the officer and family."--Gary Kaufmann, PsyD, Chief Police Psychologist, Behavior Science Section, Michigan Department of State Police

"I can't believe there is finally a training manual on how to survive in a law enforcement family. I wish this book had been available 20 years ago when I first started speaking to spouses about having a family member in law enforcement. This book is not only for the family, but for the officer as well. Reading this book could very well save a few police marriages, help the police officer and family cope through the various stages of the profession, as well as helping those planning on marrying into this calling know what is ahead. It would also be a tremendous help to those in law enforcement support groups as we struggle to understand the cop in our lives and be there for the new spouse or family member that doesn't yet understand. I feel this book is a must for the law enforcement officer as well as their family." --Karen Lippe, President, Grand Lodge Auxiliary, Fraternal Order of Police

"I consider reading Ellen Kirschman's *I Love a Cop* a necessary prerequisite for any clinician who comes into contact with those who work in law enforcement or their families. This should be required reading for all recruits and their families." --Lieutenant Al Benner, Ph.D., 30-year veteran, San Francisco Police Department

"This excellent book, packed with helpful information, and specific examples, is written for police families, and is also invaluable for mental health professionals working with them. Beautifully written and very absorbing to read, this book is focused on the psychological and emotional aspects of police work, and the ways in which these stresses impact family life. On every page Dr. Kirschman demonstrates a sensitive understanding of the men, women, and families involved in a public service career of almost overwhelming difficulty. *I Love A Cop* is a gift of inestimable value to the families themselves, and to the mental health professionals who are attempting to understand and help them." --Emily B. Visher, Ph.D. and John S. Visher, M.D., Cofounders, Stepfamily Association of America

"I Love A Cop should be required reading for all police recruits and their families. Dr. Kirschman has presented in a clear manner the issues facing police officers today - both on the job and at home. By openly

discussing police family violence and the discrimination faced by women and minorities on the job, she has pushed aside the veil of secrecy that so often descends over these issues. And, best of all, she offers constructive steps that can be taken to lessen the impact of stress on police officers and their families." -- Chief Penny Harrington, Director, National Center for Women and Policing

"Ellen has presented all the information I gathered in 21 years as a police officer's spouse. Now police spouses can have the advantage of knowing and understanding the stresses of police life before they experience it through the job. Living with a cop and not understanding what he or she goes through is like riding rapids down the Arkansas River without a raft. This book provides a life raft for police families to help them understand the profession. This book gives clear understanding of the police profession to help families cope with the toughest people job in the world. The law enforcement profession affords families a wonderful way of life, but it is a way of life and this book explains it all so well. Where were you Ellen Kirschman from 1970-1992? This book is long overdue!" --Suzie Sawyer, Executive Director, Concerns of Police Survivors.

"*I Love A Cop* is an impressive synthesis of relevant information within a context of empathic, experiential vignettes. Dr. Kirschman's book will be an invaluable tool for the Metro-Dade Police Department, both for training purposes with recruits and in-service officers, as well as a resource for my marital and couples patients."--Scott W. Allen, PhD, Staff Psychologist, Metro-Dade Police Department, Florida

". . . I would like to take this opportunity to publicly recognize Dr. Ellen Kirschman for her presentation entitled, *Organizational Stress: Looking for Love in All the Wrong Places*. Ellen read excerpts from chapters of her soon to be released book by the title of *I Love a Cop*, which is being published by Guilford Publications (1-800-365-7006) with an anticipated release for February, 1997. Rarely, if ever, have I seen a group of police psychologists so emotionally reactive. I can personally say I was profoundly affected by the experience. I also know many of my peers were similarly moved. Thank you Ellen for your gift of such an intense emotional communication." --Scott W. Allen, PhD, Staff Psychologist, Metro-Dade Police Department, Florida; [do not cite APA affiliation: Chair, Division 18, American Psychological Association, Police and Public Safety Psychology Section] in *The Psychologist and Public Service Newsletter*, Division 18 of APA.

"Not just theory, the stories she relates are drawn from the actual files of police psychologists from throughout the country. The entire book can be either read straight through from cover to cover or used as a handy manual by selecting specific chapters that apply to each individual's own specific problem or problems. . .easy-to-read. The book would make an excellent gift to any individual with a family member or loved one who is working in law enforcement. Highly recommended." --Fred R. Egloff, Law Enforcement Memorial Association, Spring '97.

About the Author

Dr. Ellen Kirschman, clinical psychologist and consultant, has been working with law enforcement agencies for over 20 years. She has written extensively about the law enforcement culture and is sought after as a speaker and seminar leader. Dr. Kirschman has been an invited guest at the FBI academy and is a member of the Psychology Section of the International Association of Chiefs of Police. She resides in Redwood City, California.

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I. Hi Honey, I'm Home 1. The Way It Is: Givens and Realities of Policing 2. The Police Officer's Paradox 3. Growing Old in a Young Person's Profession: How Officers Change With Time 4. Organizational Stress: Looking For Love in All the Wrong Places II. Remarkable Events Trauma 5. Critical Incidents, Stress, and

Trauma 6. From Victim to Survivor: Working Through Trauma 7. From Battlefront to Homefront: Families and Trauma 8. Kids and Trauma Emotional Extremes 9. Domestic Abuse: The Best Kept Secret Shame of Policing 10. Alcohol Abuse and Suicide Getting Help 11. Getting the Help You Need When You Need It III. Special Families, Special Issues 12. Swimming Upstream: Special Challenges Facing Women, Minorities, Lesbians, and Gay Men in Law Enforcement 13. Cop Couples IV. Summing Up 14. Success Stories

Users Review

From reader reviews:

Brenda Evans:

Information is provisions for those to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even an issue. What people must be consider when those information which is from the former life are difficult to be find than now is taking seriously which one would work to believe or which one the resource are convinced. If you have the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen inside you if you take I Love a Cop: What Police Families Need to Know as the daily resource information.

Jennifer Williams:

Hey guys, do you would like to finds a new book to see? May be the book with the subject I Love a Cop: What Police Families Need to Know suitable to you? The particular book was written by well known writer in this era. Typically the book untitled I Love a Cop: What Police Families Need to Know is the main one of several books which everyone read now. This specific book was inspired a number of people in the world. When you read this book you will enter the new shape that you ever know ahead of. The author explained their strategy in the simple way, therefore all of people can easily to comprehend the core of this e-book. This book will give you a lots of information about this world now. In order to see the represented of the world in this particular book.

Miranda Durkee:

Reading a publication tends to be new life style in this particular era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world may share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their own reader with their story as well as their experience. Not only the story that share in the textbooks. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their ability in writing, they also doing some investigation before they write for their book. One of them is this I Love a Cop: What Police Families Need to Know.

Ana Smith:

A lot of people always spent their very own free time to vacation or go to the outside with them family

members or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you need to try to find a new activity here is look different you can read a book. It is really fun in your case. If you enjoy the book that you read you can spent the entire day to reading a publication. The book I Love a Cop: What Police Families Need to Know it is quite good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In the event you did not have enough space to create this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too costly but this book possesses high quality.

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