

Psychological risks of police work

Psychology



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Psychological Risks in Police Work: A Case Study of Officer Walker al
affiliation Psychological Risks in Police Work: A Case Study of Officer Walker
As a police officer, Walker's nature of work makes him vulnerable to
psychological stress that can adversely affect his professional and personal
life (Regehr, et al., 2008). For example, when Walker and another
probationary officer respond to a bank robbery, Walker decides that they
should go in and confront the criminal but the probationary officer gets shot
in the leg in the process. Although Walker shoots the criminal and kills him,
he is accused of putting the life of the other officer in danger, and it take a
lotof time for him to be cleared. The situation affects Walker psychologically,
affects his relationships and his marriage starts falling apart leading to
divorce.

In the words of Holly, Anthony & Theodore (2011), police officers are
vulnerable to psychological stress because of factors such as lack of
promotion and dismissal. Another probable psychological risk in Walker's life
is when he gets compulsory retirement because of the recession. Walker
loses his status as a police officer and gets hired as a security guard at the
industrial park, a boring and non-rewarding job, misses his family, and
engages in excessive drinking. At one point, Walker cannot stand the stress
anymore and he shoots himself in the head.

Walker would have benefitted a lot form the services of a forensic
psychologist. According to Ainsworth (2012), divorce is one of the situations
that can lead to stress. Accordingly, an appropriate intervention strategy for
a forensic psychologist would be to hold family therapy sessions (Miller,
2006). In the case of Walker, the forensic psychologist would have conducted
a therapy session and explained the nature of Walker's work. Such therapy
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would have made Walker's wife more understanding and maybe they would not have divorced.

Ainsworth (2012) writes that being dismissed from work is another top stressor for police officers. When Walker lost his job, a forensic psychologist should have been there to help Walker with the transition period, from being a police officer to being a normal citizen (Bartol & Bartol, 2011). Walker should have been counseled on how to handle the transition process and with such help, Walker would have lived and even maybe reconciled with his family.

References

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