

REWIRE⁴ by Roca

Rewire4 introduces police officers to the basics of brain science, the impact of trauma on the brain, and how it impacts behaviors and life-long patterns.

Roca, in partnership with Massachusetts General Hospital, developed Rewire CBT, a flexible, trauma-informed approach to cognitive behavioral theory (CBT) skill building.

Based on Roca's Rewire CBT and tailored to the practices of policing and corrections, **Rewire4** can teach law enforcement the theory and skills to help them stay focused, read themselves, examine their thinking and act on what's important to them.

WHY IS REWIRE4 DIFFERENT?

Rewire4 is different from traditional police training, which is often focused on tactics, but does not necessarily address **why people react the way they do in the moment**. Rewire4 teaches officers a way of understanding the relationship between thoughts, feelings, and behaviors, and how that relationship impacts their lives.



Thoughts, feelings, and behaviors create cycles. Brain science shows us that some cycles can be unhelpful. Rewire4 invites officers to identify their cycles and utilize skills to disrupt the unhelpful ones - making them safer and in more control on and off the job.

BETTER EMOTIONAL REGULATION
MEANS **BETTER DECISION MAKING,**
AND **GREATER SAFETY.**

Policing takes a toll. It's a profession that can be overwhelming, both physically and emotionally. It's also a profession that witnesses a great deal of trauma.

Rewire4 demonstrates to law enforcement that they can rewire their brain, create new pathways, disrupt unhelpful cycles, and have a greater understanding of how thoughts, feelings, and behaviors impact their lives.

“ This was **one of the best training courses** I have ever been to. I hope to see this integrated into in-service throughout the state. It's not like any of the normal, cheesy, unrealistic ideas cops will squawk about. It's **real and valuable.**”

- Boston PD Officer

“ I have applied these skills for a long time, but the class gave me ownership. Felt **more empowered**. Now I can do this more purposefully. On many occasions since training, I have used it to slow things down; took some breaths and tried to understand what is going on with others.”

- Baltimore PD Captain

REWIRE4 HIGHLIGHTS

87%
WOULD
RECOMMEND
THE COURSE

7,600+
PERSONNEL
TRAINED
ACROSS **38**
AGENCIES IN
4 STATES

89%
AGREE THEY
WILL **PRACTICE**
REWIRE4 SKILLS
IN THEIR
PERSONAL LIVES
AND AT WORK

Rewire4 is an approved training by the U.S. DOJ and MPTC (MA, MD).