



I Love a Cop, Revised Edition: What Police Families Need to Know

By Ellen Kirschman PhD

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Nothing worth doing is easy--and that includes loving a cop. Being a member of the law enforcement community is a source of pride for officers and families alike. But long hours, unpredictable shifts, and the crisis-driven nature of the profession can turn life on the home front into an emotional roller coaster. Dr. Ellen Kirschman, a psychologist who's worked with police officers for more than 30 years, gives you practical ways to deal with the challenges that come with the territory. Packed with stories from cops and their significant others, this book explains how to reduce spillover from on-the-job stress and cope with loneliness or worry during extended deployments. Dr. Kirschman acknowledges the tough realities of 21st-century law enforcement and offers frank, realistic suggestions for handling serious issues like alcohol abuse and domestic violence. She also covers special topics for women and minorities on the force. Whether you read it from cover to cover or reach for it when problems arise, *I Love a Cop* is an indispensable tool that everyone in your family can depend on.

Mental health professionals, see also *Counseling Cops: What Clinicians Need to Know*, by Ellen Kirschman, Mark Kamena, and Joel Fay.

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Editorial Review

Review

"This book is as necessary for the overall survival of our law enforcement officers as their vests, weapons, and officer safety tactics. The realities of the job have changed in the post-9/11 world, and the revised edition arrives just in time. Dr. Kirschman provides an in-depth look at the daily challenges facing the law enforcement officer and family, and offers specific strategies for overcoming the pitfalls that potentially take such a heavy toll. This book should be issued to every recruit entering the profession."--Kevin M. Gilmartin, PhD, author of *Emotional Survival for Law Enforcement*

"When I was Police Chief in Toronto, every graduating police officer received a copy of [i]I Love A Cop[/i]. The revised edition convinces me even more that it is the right thing to do if you wish to promote wellness in your organization. This is a 'must read' for all progressive police leaders who really care about officers and their families."--David Boothby, Chief of Police (Retired), Toronto, Ontario, Canada

"Police families can, in fact, thrive, and [Kirschman's] got the success stories to prove it. Preparedness is one of the keys to that state, and this book...shows how to get there."
(*Library Journal* 2006-12-18)

About the Author

Ellen Kirschman, PhD, is a clinical psychologist and consultant who works with peace officers and their families. She is sought after as a speaker and seminar leader and is the coauthor of *Counseling Cops*. Dr. Kirschman has been an invited guest at the FBI Academy, is a member of the Psychological Services Section of the International Association of Chiefs of Police, and was named Woman of Distinction by the Police Chiefs Spouses Worldwide. She lives in Redwood City, California. Her website is www.ellenkirschman.com.

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