

# East Central Illinois Mobile Law Enforcement Training Team

MTU #13

## Course Announcement



### Anger Management for Cops– Gail Sullivan

April 2nd, 2026

0830-1630 Hrs

Denny Stewart Training Center  
3121 Dewitt Avenue  
Mattoon, Il.

Submit enrollment to:  
Registration form at  
[www.mtu13.com](http://www.mtu13.com),  
[ecimlett@gmail.com](mailto:ecimlett@gmail.com)  
Or call 217-345-3344

**Purpose of Course:** This course has been designed for the purpose of addressing the issue of anger management as it specifically relates to police officers. It is designed to provide specialized techniques and know-how to officers as they navigate these most disquieting times.

**Course Description:** Being a police officer during these trying times is exasperating to say the least. Police officers require that they have specific skills to maintain positive and healthy attitudes with a variety of people most of whom are in trauma or crisis. Sometimes, there situations that require that they risk their own lives to save the life of a person who is trying to do *them* harm. The media and politics have an effect on the everyday jobs of officers. Changing laws and protocols hold officers accountable for changes they may not have been made aware of as of yet. While officers are most definitely strong and dedicated people, the erosion of lack of public support, unwarranted generalized allegations, lack of respect, conflicting mandates (to say a few) can cause an increase in officer anger. This anger needs to be modulated while the officer conducts police business. Understanding anger and learning how to manage it is imperative.

**LOOK, These are both Annual Mandates**



**Observed Mandates Include:**

**Crisis Intervention**

**Officer Wellness**