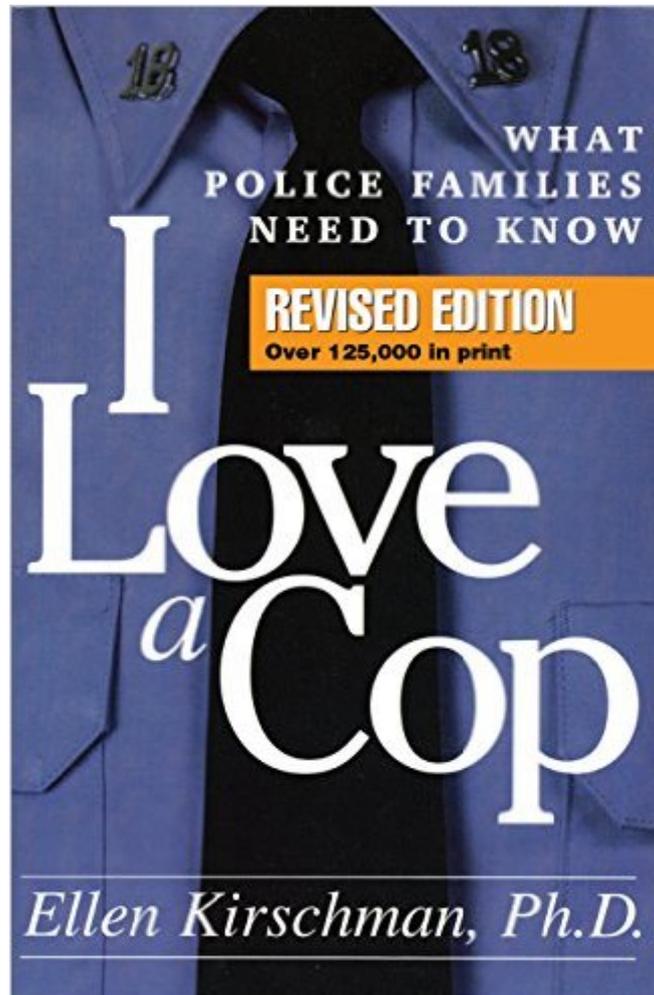


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# I Love A Cop, Revised Edition: What Police Families Need To Know



## Synopsis

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.

## Book Information

Paperback: 340 pages

Publisher: The Guilford Press; Revised edition (December 16, 2006)

Language: English

ISBN-10: 159385353X

ISBN-13: 978-1593853532

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (124 customer reviews)

Best Sellers Rank: #14,696 in Books (See Top 100 in Books) #17 in [Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#) #18 in [Books > Medical Books > Psychology > Counseling](#) #20 in [Books > Politics & Social Sciences > Politics & Government > Specific Topics > Law Enforcement](#)

## Customer Reviews

Written by clinical psychologist Ellen Kirschman, Ph.D., whose specific area of expertise lies in helping police officers and their families, *I Love a Cop: What Police Families Need To Know* is a straightforward, "tell-the-facts" guide, now in a newly revised edition, written especially for the significant others, spouses, and family members of police officers. Being a cop is a demanding job,

and sometimes the very skills required for competence - such as being able to suppress strong emotions like fear, anger, or even compassion - are harmful to officers' private and personal lives if carried over to the home. *I Love a Cop* gives practical, no-nonsense advice to what to expect from the demands of the job, coping with stress or trauma, and much more. Of especial value are the chapters about dealing with domestic abuse, threats of suicide, or other severe cases and problems - including how to recognize the warning signs and when there is no other option than to just get out. Though *I Love a Cop* is intended especially for the loved ones of police officers, its solid advice is also highly recommended for the loved ones of anyone in a high-stress, risky or demanding occupation. *I Love a Cop* is also highly recommended as supplemental reading for anyone considering a policing career, as there is also plenty of sage wisdom about what to expect on the job and how to balance demands of the job with those of family life.

This is a must have for anyone going into, thinking about going into or already in Law enforcement; especially if you are married or getting married. This book will help prepare you for the social and personal hardships you will face as a police officer. The author uses real stories from police families to give the reader ways of working out problems in the family unit that are caused directly because of work. This book will not only help you as the cop prepare for what's to come but it will help your loved ones understand what you go through on a daily basis and give you the tools you need to have a healthy relationship while serving your community.

This was one of the most educational books I have ever read. It is a little hard to read at times because it's so realistic. But that is the beauty of this book! If you're dating a cop or if you are married to one, you should read this. I am very grateful for the men and women in law enforcement.

I'd been hearing great things about this book for a while & finally got my own copy. Being a police wife isn't easy, especially with young kids in the house. There is a lot of worrying - about their safety & about the people they encounter each day - and a lot I can't even imagine since I don't see the things he does. I know the realities of my husband's job and couldn't be more proud of him for putting his life on the line every time he walks out that door. This book is so great for these reasons especially - it explains so much of the psychological impacts of being a police officer & how it can carry over into their home lives. It has really helped me to understand parts of his job and why he reacts certain ways about things. I may not understand what he's gone through, but I feel like I'm better equipped when he wants to vent or talk about work stuff. With small ears in the house, it's not

always easy to do that. This book has helped me tremendously. I just loaned it to my mother in law as well.

As a LEO I was given this book during our training academy. When I was young and dumb I didn't put much thought into the book but I've turned to it during tough times and used it for guidance. It was written for cop families but I've used it for myself more often than I'd ever like to admit. I've also purchased additional copies to give to co-workers (close friends) during tough times. It's essential.

Bought this for my fiancée for Christmas, she is marrying into a large law enforcement family. I was a little nervous how she would react to it when she opened it, to my surprise she was very excited about it and started reading it that night. I do recommend this to anyone who is new to law enforcement and the lifestyle.

This book was given to me by the police department when my husband joined back in 2006. Overall it is a good source of information. I personally don't think it is meant to scare anyone with the what ifs and could happens that are mentioned in the book. It does do a good job of explaining how the job changes for the officer from when they first start off as the eager rookie to possibly ending as the jaded officer. It does touch on the subjects of stress in the job, how to properly and improperly handle it, moving up in the ranks, PTSD, how to get help from outside the relationship and in it, problems that affect home life due to the job. It does also touch on domestic violence within the police family, which can happen to both officer or the spouse/kids, and touches on how to fix or remove yourself from the situation. My husband and I already have a very open relationship and he shares a lot of what happens at work with me and this keeps him from becoming depressed. But every couple is different and some people can't handle all that "horrible" information. But this book does a good job of reminding the non-cop of what your officer goes through on a day to day basis. And even on a career basis. I would encourage the spouse to read this book with their officer or to read out certain sections. Particularly the chapter about the police paradox, about how bringing your police persona home is not always a good thing and how to separate from it. I also like the factor that this book is fairly secular and seems to leave that up to the individual reading it rather than telling them whom or what they must follow in order to survive the job as I have seen in some books.

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