

POLICE LINE OF DUTY SHOOTINGS:
APPLYING SPORT PSYCHOLOGY
“FLOW THEORY”

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LINE OF DUTY SHOOTING

“CRITICALITY”

- LOW TOLERANCE FOR ERROR
- HIGH COSTS FOR POOR PERFORMANCE
- DEMANDS HIGH SKILL LEVEL

SKILL TRANSFER

FROM TRAINING TO CRITICAL INCIDENTS

- LOW PRACTICE TO PERFORMANCE RATIO
- STATE - CONTEXT DEPENDENT LEARNING

LAW ENFORCEMENT & PSYCHOLOGY

“CRIMINAL”

Pathology

“POLICE”

Performance

CRITICAL INCIDENT STRESS

- RESEMBLES TRAUMATIC STRESS DISORDERS (DSM IV)
- SYMPTOMS - IMMEDIATE OR DELAYED
- EFFECT - WELL BEING, PERFORMANCE, ATTRITION

TRAUMATIC STRESS - SIGNS & SYMPTOMS

INTRUSION

Pictures about it pop into my mind

I have waves of strong feelings about it

AVOIDANCE

I feel as if it hasn't happened or isn't real

I try to remove it from memory

-HOROWITZ, WILNER, & ALVAREZ (1980)

CRITICAL INCIDENT STRESS MANAGEMENT

- PREINCIDENT EDUCATION
- DEFUSINGS
- DEMOBILIZATIONS
- CRITICAL INCIDENT STRESS COUNSELING
- POSTINCIDENT PEER SUPPORT

CRITICAL INCIDENT STRESS DEBRIEFING (MITCHELL, 1983)

1. INTRODUCTION / RULES
2. FACT PHASE
3. THOUGHT PHASE
4. REACTION PHASE
5. SYMPTOM PHASE
6. TEACHING PHASE
7. REENTRY PHASE

CRITICAL INCIDENT STRESS DEBRIEFING (CISD)

NOT

PSYCHOTHERAPY

PERFORMANCE
CRITIQUE

FITNESS FOR DUTY

CISD - KEY ELEMENTS

- CONFIDENTIALITY
- TIMELINESS
- INTERVENTION TEAM
 - » POLICE - FIREFIGHTER - *Debriefing trained*
 - » COUNSELOR - *Police - Fire - Rescue knowledge*

CISD - GOALS

- POSITIVE EXPRESSION OF THOUGHTS
& FEELINGS
- NORMALIZE POST INCIDENT RESPONSES
- MINIMIZE MALADAPTIVE COPING

via **EDUCATION & SUPPORT**

SPORT PSYCHOLOGY/ PERFORMANCE PSYCHOLOGY

- “SPORT” METAPHOR
- TRANSFERABILITY OF MENTAL SKILLS
- CRITICALITY OF PERFORMANCE

*Police/Fire/Rescue - Medicine -Performing Arts
- Military - Executive*

FLOW THEORY

Csikszentmihalyi (1975, 1990)

1. SKILL - CHALLENGE MATCH
2. HIGH LEVEL CHALLENGE & ABILITY
3. HIGH GOALS
4. UNAMBIGUOUS FEEDBACK
5. INTENSE CONCENTRATION
6. FEELING OF CONTROL
7. CHANGE IN SELF-CONSCIOUSNESS
8. TIME DISTORTION

FLOW *vs.* CISD

PERFORMANCE
DURING INCIDENT
SENSITIZE
SKILL TRAINING
ENHANCE POSITIVE

- COPING
- POST INCIDENT
- DESENSITIZE
- “WORKING THROUGH”
- LIMIT NEGATIVE

PEAK PERFORMANCE (MASLOW)>THEORY

FLOW (CSIKSZENTMIHALYI)>RESEARCH

ZONE (HANIN)>APPLICATION

SHOOTING IN THE ZONE

UNESTAHL (1986)

“Competitions can often make pigeons smaller but at some rare occasions the pigeons become very big and slow.”

“During these moments I never think about, or am afraid of, shooting a bad shot.”

PARADOXICAL
“NORMATIVE BEHAVIOR”
IN
CRITICAL PERFORMANCE

PAIN - PERFORMANCE ARROW

<< SURVIVAL <<<PAIN>>> SAFETY >>

SURVIVE *and* THRIVE

TRAINING

MIND - BODY FITNESS

SKILL TRAINING

PROFESSIONAL IDENTITY

AUTOMATIZATION

TRUST ~ 4 "T'S"

LINE OF DUTY SHOOTINGS

COSTS

- DIMINISHED WELL - BEING
- PERFORMANCE PROBLEMS
- ATTRITION