LINE OF DUTY SHOOTING

“CRITICALITY”

- LOW TOLERANCE FOR ERROR
- HIGH COSTS FOR POOR PERFORMANCE
- DEMANDS HIGH SKILL LEVEL
- SURPRISE
SKILL TRANSFER
FROM TRAINING TO CRITICAL INCIDENTS

- COMTEMPORARY APPLIED MARTIAL ARTIST
- LOW PERFORMANCE TO PRACTICE RATIO
- STATE - CONTEXT DEPENDENT LEARNING
Program Overview

Sport Psychology * Psychology of Survival
Emergency First Aid & Communication
Commentary by Critical Incident Survivors
High Fidelity Simulation
Tactical Debriefing
Psychological Debriefing
HIGH FIDELITY SIMULATION

- DOMESTIC DISTURBANCE
- SURPRISE SHOOTING
- INJURY SIMULATION
- SHOOT HOUSE
- SIMUNITION
- QUALIFYING STANDARD
Instructional Modules

1. Sport Psychologists Role
2. Mind-Body Mechanisms of Survival
3. Survival Mind Set
4. Taking Action - Applying Sport Psychology
5. Shooting Training – Preparation for Competition
Mind Body Mechanisms

- “Can a Coyote chew off its own leg?”
  - *Pain System*
- Does the Lion hear its own roar?”
  - Sensory-Perceptual System
- “Can time slow down?”
  - Cognition
- Can the Martial Artist become invisible?”
  - *Decision Making*
Survival Mind Set (Heil, 1998)

1. Expectation of Pain Tolerance
2. Positive Interp of Threat & Risk
3. Altered Perception & Cognition
4. Absorption in the Moment
5. Goal Orientation
6. Survival Setting
7. Limited Duration
Applying Sport Psychology

- Autonomic Physiology
- Cardinal Skills
- Mental Training – Relaxation/Activation
- Mental Training – Visualization
- Practical Applications
- Firearm Qual – Performance Routine
GROUP SETTING
VIDEO REVIEW
STRUCTURED INTERVIEW
VIDEO ASSISTED RECALL
“CAMPFIRE DEBRIEFING”
VISUAL LEARNING
Structured Interview

- OPEN NARRATIVE
- VIDEO REFERENCED INQUIRY
- DIRECTED-PERCEPTUAL/COGNITIVE
- AWARENESS CHECKS

- BALANCED SELF CRITIQUE
STRESS INOCULATION

- BETTER SKILLS
- NORMALIZE PERCEPTUAL/COGNITIVE
- BALANCED SELF CRITIQUE
Law Enforcement Simulation Training

- Familiarization
  1. Make sure concepts are understood
  2. Label and identify key features of important tasks
  3. Give a LOT of examples
  4. Maximize similarities, emphasize commonalities
  5. Rehearsal - meaningful and well organized

- Document
FLOW vs. CISD

- Performance during incident
- Sensitize
- Skill training
- Enhance positive

- Coping
- Post incident
- De-sensitize
- "Working through"
- Limit negative
PEAK PERFORMANCE (MASLOW) > THEORY

FLOW (CSIKSZENTMIHALYI) > RESEARCH

ZONE (HANIN) > APPLICATION
“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