



The Warrior Mindset For Law Enforcement: *Understanding & Surviving the Psychological & Physiological Impact of Violent Encounters*

Date: April 3-4, 2017 / 0800-1700 hours
Omaha Public Safety Training Center
11616 Rainwood Road, Omaha, Nebraska
\$125/student

Deadline to Register: Feb. 15, 2017

This 16 hour course for **law enforcement officers** is designed to help you prepare for and prevail during violent encounters. The [law enforcement course](#) will not only deal with the latest research in the *psychological and physiological impact of combat*, but will explore the ancient warrior traditions and why these traditions are relevant today. Case histories with audio and video recordings will be used to illustrate principles.

At the end of this program, students will:

- Understand and recognize the physiological and psychological changes that occur when a person is suddenly threatened.
- Understand how these psychological and physiological changes can affect the ability to perform and survive.
- Understand how experiencing a sudden stressful situation can lead to a “high”, Post Traumatic Stress Disorder (PTSD) and/or Post Traumatic Growth.
- Understand how *physical training, mental imagery, tactical self-talk, breathing and centering* improves stress inoculation and startle recovery.

The instructors, Charles Holt, Laura Russell and William Hladky, are retired Miami-Dade Police Officers with more than 80 years of combined experience. They bring a rare perspective to the class. Each instructor has been involved in deadly force encounters with armed attackers. Additionally, Detective Russell was shot while attempting to arrest a subject and Detective Holt was stabbed while detaining a mentally disturbed subject. These and other experiences give the instructors an unparalleled credibility.

For more information on the course, including instructor bios, go to <http://www.warrior-mindset.com>

To register, contact LG Russell
954-632-1106
www.warrior-mindset.com