



Course Catalog

2022-23



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The course can be delivered in 4 or 8 hour blocks and presented as facilitative discussion with class exercises and case studies (60%) and guided lectures (40%). Presentation rates are \$600 for four hours and \$1000 for the eight hours plus travel expenses.

The Aftermath of Violence and Chaos

On a daily bases, the first responder's work environment is filled with violence and chaos leading to stress, trauma and lingering after thoughts while diminishing physical resilience. When left unaddressed and processed these have a culminative potential to manifest with sleep disturbance, health issues and mental fatigue all impacting job performance and relationships. Learning to recognize and understand the initial stressor and trauma and how to process and resolve is the key to remaining productive, mentally stable and healthy.

Learning Goals and Objectives:

- Participants will recognize accelerated thinking and crowd thoughts and demonstrate techniques to down-shift and neutralize these processes
- Participants will identify and illustrate a self-inoculation method to initiate and maintain mental stability and physical health
- Participants will describe support systems within their environment to enhance wellness, relationships and productivity



Alleviating Reactive Behaviors

First responders experience and understand the role of the autonomic nervous system to function as their number one protection system. The program describes the sequence of behavioral escalation that has a clear starting point and ending point. This 'ideal' or concatenated sequence explains behavior that begins relatively calm and progresses through a sequence of behaviors that generates aggression and ends in violence.

Learning Goals and Objectives:

- Participants will identify Stress Tolerance and Emotional Regulation as it correlates to triggers and reactive behaviors
- Participants will demonstrate maintaining self-control and making timely, rational decisions in stressful situations
- Participants will develop a descriptive typology of applying the 'internal brakes' on aggression and violent escalation
- Participants will utilize mindful and positive psychology coaching styles to regulate their nervous systems while enhancing de-escalation knowledge, skills and abilities.



Psychological Autopsy:

End of Life Review

After a self-inflicted death of a first responder there are many unanswered questions for the agency, co-workers, family members and friends. A psychological autopsy reviews the life situations and events prior to the self-inflicted death and seeks to identify possible associations and correlations to their choices, decisions and behaviors.

Learning Goals and Objectives:

- Participants will analyze sensitive interviewing techniques and protocols
- Participants will apply the historical time-line process for documentation of life events
- Participants will identify and compare psychological risks factors associated with self-harm behaviors



Crowd Psychology and Violence

Crowds are a collection of individuals who are perceiving and reacting to some common situation or event with the potential of demonstrating a strong collective emotional response. In today's society first responders have experienced the various possibilities of encountering a passive audience or an aggressive violent mob. There are psychological dynamics present with all crowds/mobs that can be utilized to artfully control group behaviors and collective violence and aggression.

Learning Goals and Objectives:

- Participants will explain the four dominant behavior patterns of crowds
- Participants will illustrate and apply the Emergent Norm Theory to aggressive individuals and crowds
- Participants will analyze the anonymity dynamic present in crowds and how to manipulate and neutralize this factor

