Crisis Rehearsal
Prepared For A Bad Day

Program Overview
Have Bad Things Ever Happened To You?

Crisis Rehearsal
Program Objectives

- Develop tactics to keep you safe.
- Challenge your thought process for surviving.
- Mentally prepare you for confrontational situations.
- Reduce stress which traditionally accompanies dangerous situations you may be involved in.
- Condition yourself to communicate affectively under stress.
- Visualize yourself winning in high stress situations.

Crisis Rehearsal
Program Disclaimer

This presentation is a culmination of the tactics that I have learned from other instructors, teachers, trainers and mentors over the past 30 years. I present this material to you with the hope that you may benefit from its use.

Crisis Rehearsal
Thank You

Gary T. Klugiewicz
Dr. George Thompson
Jay Sandstrom
Stacy Lim
Coach Robert Lindsey
CRISIS REHEARSAL

When you go out in public, do you conduct a cursory check of where you are?

Are you aware of your surroundings?

Are you looking for unusual behaviors, perceived threats or things that just do not look right?

To include but not limited to: Emergency bailout or escape routes, forms of alarm, cameras, fire extinguishers, first aid kits, AED’s, phones, weapons of opportunity, etc.?

SITUATIONAL AWARENESS

Definition: The ability to identify, process and comprehend critical elements of information in regards to what is going on around you!

FOCUS ON WHAT YOU CAN CONTROL

Survivors are sensitive to cues of danger around them by using their own “personal radars” to scan for relevant information they can use when making difficult decisions. These include but are not limited to the following:

Develop A Survivor Mindset by:

- Maintain the will to live, no matter what!
- Adapt to the situation using ingenuity and creativity!
- There is more than one solution to every problem!
- Establish reasonable goals to survive and win!
- Refuse to give into negative core beliefs – I’m not smart enough – I’m not good enough – I’m powerless to do anything!
SITUATIONAL AWARENESS

- Look for odd behaviors or things that look out of place.
- Determine where you would go to escape or for cover.
- Go with your gut feeling and trust your instincts.
- Remain in the here and now.
- Do what you can, with what you have, where you are at.
- Disengage and/or escalate to survive.

CONFRONTATIONAL MISTAKES TO AVOID

- Don’t just hope it goes away, take action to end the situation.
- Don’t believe the playing field is even when you get attacked. You will be vulnerable.
- Don’t expect there to be even a glimmer of compassion in your attacker – there isn’t.
- Don’t apply your social restraint to their attack. The two are not compatible.
- Don’t believe you can compare normally with your attackers level of violence. They are abnormal.

CONFRONTATIONAL MISTAKES TO AVOID

- Don’t be confrontational or challenging, letting your anger drive you headlong in a situation, won’t help.
- Don’t ever give up – ever – if attacked.
- Don’t promulgate a lie to your family. The realities of what happened need to be addressed with them.
- Don’t forget – YOU didn’t start anything or ask for any trouble.
- Don’t forget – NEVER, EVER GIVE UP!!!

TROOPER CASPER

- It was near the end of his first solo shift on March 24, 2015 when Wisconsin State Trooper Trevor Casper faced a life-or-death decision.
- After following a suspect into the city, he was ambushed by Steven Snyder, responsible for nine holdups in three states. Hours earlier, Snyder had robbed a Wausaukee bank and murdered another man.
- Snyder started shooting while both men were still in their vehicles. The gun battle lasted only 17 seconds. During that time, a heavily armed Snyder fired nine times and Casper, struck three times, fired 12 shots.
- Mortally wounded, Casper, 21, killed Snyder with just one shot.
- Trevor Casper did more in 17 seconds than most will do in a lifetime and is undeniably a hero.
IMPORTANT QUESTIONS TO ASK YOURSELF

- Do you have expectations of yourself? What are they?
- What type of attitude do you bring to work everyday?
- What fears/apprehensions do you have about your abilities?
- Are you totally committed to making a difference? How?
- Do you have the will to keep fighting if cut, shot or injured?
- Can you deal with uncomfortable situations?
- Can you injure or hurt another individual, if justified?

IMPORTANT QUESTIONS TO ASK YOURSELF

If you knew that tomorrow you would be fighting for your life, would you change your work habits or how you train today?

IMPORTANT OF EXPERIENCE

YEARS OF EXPERIENCE?

HOW DO YOU OBTAIN EXPERIENCE?

- ASK QUESTIONS
- ATTEND TRAINING
- READ POSITION DESCRIPTIONS
- ASK OTHER STAFF
- ASK SUPERVISORS
- REVIEW POLICIES AND PROCEDURES
- DISCIPLINE/WORK RULES
- INMATES
- TRUST YOUR INSTINCTS

IMPORTANT OF EXPERIENCE

EXPERIENCE IS WHAT YOU GET, WHEN YOU DON’T GET WHAT YOU WANT!

- My Dad

IMPORTANT OF EXPERIENCE

FAILURE IS NOT ACCEPTABLE, HOWEVER IT IS OFTEN TIMES ESSENTIAL TO LEARN FROM!
ATTITUDE IS EVERYTHING

THE ONLY DIFFERENCE BETWEEN A GOOD DAY AND A BAD DAY IS YOUR ATTITUDE!

ATTITUDE IS EVERYTHING

WILL YOUR ATTITUDE AFFECT YOUR PERSONAL AND PROFESSIONAL PRESENCE?

YES

ATTITUDE IS EVERYTHING

YOUR attitude and demeanor will affect whether or not certain people will prey on or attack YOU!

ATTITUDE IS EVERYTHING

Attitude Controls Motivation

Motivation Controls Performance

Performance Controls Success

-WHitefish Bay, WI High School Bulletin Board

ATTITUDE IS EVERYTHING

YOU CONTROL YOUR ATTITUDE!

DO YOU HAVE GOALS?

SET YOUR GOALS AND GRIND.
EVERY. DAMN. DAY.
JITSGRIPS
DO YOU HAVE GOALS?

➢ TODAY
➢ TOMORROW
➢ NEXT WEEK
➢ 1 YEAR
➢ 5 YEARS
➢ 10 YEARS

WHAT ARE YOUR GOALS?

GOALS - THINK ABOUT IT

YOUR MIND WILL ALLOW YOU TO BE ANYTHING YOU WANT TO BE DO ANYTHING YOU WANT TO DO

HOWEVER,

GOALS - THINK ABOUT IT

THE ONLY THING THAT WILL CHANGE YOU FROM NOW UNTIL 5 YEARS FROM NOW IS:

GOALS - THINK ABOUT IT

IF YOU DON’T KNOW WHERE YOU’RE GOING, YOU’RE NEVER GOING TO KNOW WHEN YOU GET THERE!

GOALS - THINK ABOUT IT

➢ THE PEOPLE YOU MEET!
➢ THE PEOPLE YOU ASSOCIATE WITH!
➢ THE BOOKS/INFORMATION YOU READ!
➢ THE POSITION YOU PUT YOURSELF IN TO BE SUCCESSFUL!

SET YOUR STANDARDS HIGH
ESTABLISHING A PROFESSIONAL PRESENCE
THE 5 UNIVERSAL TRUTHS

Developed by Dr. George Thompson
-Verbal Judo Institute

A Concept That Defines Good Behavior!

THE 5 UNIVERSAL TRUTHS

We treat people like ladies and gentlemen not necessarily because they are, but because we are.
-North Dakota State Trooper

THE 5 UNIVERSAL TRUTHS

WE HAVE REAL WORLD CONTACTS EVERY DAY WITH INDIVIDUALS OF ALL RACES AND CULTURES.

THE 5 UNIVERSAL TRUTHS

SO HOW ARE ALL PEOPLE THE SAME?

- EVERYONE WANTS TO BE TREATED WITH DIGNITY AND RESPECT.
- EVERYONE WOULD RATHER BE ASKED TO DO SOMETHING, THAN TOLD.
- EVERYONE WANTS TO BE TOLD WHY.
- WE ALL WOULD RATHER BE GIVEN OPTIONS, THAN THREATS.
- WE ALL WANT TO BE GIVEN A SECOND CHANCE.

“SHOWTIME”

IT’S TIME TO GO TO WORK

When I walk in the gate each day, there is an automatic click in my brain that says, SHOWTIME!

I am ready for the task at hand and reminded that there is an audience to perform in front of!
“SHOWTIME”
IT’S TIME TO CHANGE FROM YOUR PERSONAL FACE TO YOUR PROFESSIONAL FACE

WHAT IS YOUR PLAN FOR SURVIVAL?

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“SHOWTIME”

<table>
<thead>
<tr>
<th>Personal Face</th>
<th>Professional Face</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Father/Mother</td>
<td>- Aware of Environment</td>
</tr>
<tr>
<td>- Husband/Wife</td>
<td>- Alert</td>
</tr>
<tr>
<td>- Companion</td>
<td>- Ready to Act</td>
</tr>
<tr>
<td>- Friend</td>
<td>- Decisive</td>
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<tr>
<td>- Neighbor</td>
<td>- Empathetic</td>
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 ALWAYS DO THE RIGHT THING.
 DO THE BEST YOU CAN, DON’T ACCEPT MEDIOCRITY.
 TREAT OTHERS AS YOU WOULD WANT TO BE TREATED UNDER THE SAME OR SIMILAR CIRCUMSTANCES.
 LOOK FOR THE BEST IN OTHERS, BUT ALWAYS BE PREPARED FOR THE WORST.

STACY LIM STORY
Crisis Rehearsal is defined as the practice of repeatedly and in great detail, mentally rehearsing a high stress situation prior to it occurring. This includes specific details and responses with positive end results.

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The keys to effective crisis rehearsal are:
- Specificity
- Repetition
- Positive Outcomes

Crisis Rehearsal works because you are causing your mind to visualize and even physically process the steps of success!

It has been called many things to include:
- Constructive Day Dreaming
- When/Then Thinking
- Mental Movies
- Muscle Memory

Under stress we revert back to the way we have been trained, both physically and mentally. Our brain stores these visualizations as memories giving your body access to your imagined responses should the real event occur. We respond from our subconscious or mental training stores.

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Meaning – A relationship between the mind and body.

Purpose – To reduce mental and physical stressors to the body.

Your Success

Process

Psycho-Motor Skill Development

Meaning – A relationship between the mind and body.

Purpose – To reduce mental and physical stressors to the body.

The Plan

- Choose an appropriate setting at work, home, etc.
- Be comfortable and be aware of your surroundings.
- Choose your crisis scenario and be specific.
- Develop and practice good tactics to ensure positive outcome.
- Practice Autogenic Breathing Tactics.
- Repeat the tactics over and over and over and over.
- Practice the Positive Self Talk Concept.
- Always survive and win, no matter what!!
MENTAL CONDITIONING PROCESS

Write your plan out several different times, in detail, with specific tactics and techniques in a step by step manner.

If you don’t plan for the worst possible scenario, you won’t be prepared for it!!

You cannot practice crisis rehearsal at the point of impact!!

Jay Sandstrom, Security Director
Mendota Mental Health Institute

MENTAL CONDITIONING PROCESS

TACTICAL TIPS/FIGHTING RULES

- Concealed carry consistency and muscle memory.
- Avoiding dangerous situations.
- Don’t walk alone at night.
- Walk with your keys in your hand, keys between your fingers, using the alarm as a distraction/warning.
- Always tell someone where you are going and when you will get there.

- Importance of stance and movement tactics for balance.
- Importance of ground defense and falling safely.
- Purpose of power development.
- Be effective from the beginning.
- Never spar with anyone.

MENTAL CONDITIONING PROCESS

TACTICAL TIPS/FIGHTING RULES

- Disengage to safety when given the opportunity.
- Hit as hard as you can.
- Attempt to create dysfunctions.
- Get the confrontation over as quickly as possible.

SAFETY PRIORITIES

You are number 1
Fellow staff members/friends
Other civilians
Subject/Criminal
CRISIS REHEARSAL WRAP UP

PEACE STORIES

QUESTIONS

COMMENTS

THOUGHTS

WE WISH YOU MUCH SUCCESS IN YOUR DESTINY!!

Rory Thelen
Owner, Thelen Consulting Services
920-960-8825
thelenconsultants@gmail.com