



# Warrior Mindset for Law Enforcement

## Asheville, North Carolina

DATES: March 14-15, 2012

LOCATION: Asheville Police Department Training Room  
100 Court Plaza Asheville, NC 28801

Enroll online at [www.atlantahidta.org](http://www.atlantahidta.org).

This 16 hour course is designed for **law enforcement officers** to help them 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 thrust into a sudden stressful situation.
- Understand how these psychological and physiological changes can affect the ability to perform and survive during sudden stressful situations.
- 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.

Warrior Mindset Web Site [www.warrior-mindset.com](http://www.warrior-mindset.com)

**The instructors** 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 detain a subject. Detective Holt was stabbed trying to apprehend a mentally disturbed subject. These and other experiences give the instructors an unparalleled credibility. The instructors' friendships and working relationship span more than twenty years. This interaction gives them a unique view from three distinct perspectives.

The instructors utilize actual police involved shootings with crime scene photographs and radio transmissions from victim and responding officers.

Law enforcement is dangerous and understanding the potential for a deadly encounter is imperative to every officer's chance of surviving a combat situation.

The instructors will explore the physiological and psychological effects on the human body during and after a deadly force encounter. They will emphasize the importance of mental and physical preparedness. It is important to understand what your body will do when faced with an imminent threat of death or great bodily harm. This information will be shared with class members in an effort to prepare them for what to expect when their bodies go into protective mode. This knowledge could mean the difference between survival and death.

Instructors: Detective William Hladky Miami Dade PD/Charles Holt Retired  
Detective Miami Dade PD/Laura G. Russell Retired Detective Miami Dade PD

**ENROLLMENT: Open to federal, state and local sworn Law Enforcement Officers and Agents**

**Enroll online at [www.atlantahidta.org](http://www.atlantahidta.org).**

**There is no enrollment or registration fee for this course.**

Direct questions to Albert "Skip" Latson by email at [alatson@atlantahidta.org](mailto:alatson@atlantahidta.org) or by phone to 404/815-4496 (off) or 404/312-4777 (cell).

- Follow all guidelines for outside training set by your department before enrolling in any HIDTA class.

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