



Surviving Violent Encounters: Maximize Your Physiological and Psychological Responses

July 8-9 2021/ 0800-1700 hours
Regional Organized Crime Information Center
545 Marriot Dr. #850
Nashville, TN
\$150/student

Deadline to Register: May 28, 2021

This 16-hour seminar is designed to prepare law enforcement officers for violent encounters and threats. The instructors will discuss techniques that control stress responses so **de-escalation** strategies can be effectively applied. The seminar will not only deal with the latest research on how threats impact psychological and physiological responses, but will explore ancient survival traditions and why these traditions are relevant today. Case studies 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 affect performance and the ability to survive.
- Understand how *physical training, mental imagery, tactical self-talk, breathing and centering* improve stress inoculation, startle recovery and *the ability to apply de-escalation techniques*.
- Understand how experiencing a sudden stressful situation can lead to a “high”, Post Traumatic Stress Disorder (PTSD) and/or Post Traumatic Growth.

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 unparalleled credibility.

For more information on the course, including instructor bios, go to

www.survivingviolentencounters.com

To register: Call or Text, LG Russell at 954-632-1106 or send an email through the website. Now accepting credit cards with a processing fee.

A warrior-mindset.com course



Directions, Hotel Recommendations and Additional Information



ROCIC James T. Rogers Training Room 545 Marriott Drive, Nashville, TN 37214 8th Floor, Suite 820

ROCIC is in the second building on the left (labeled Building “Three”), 8th Floor

Parking at ROCIC:

Do not park under the garage OR in the 2-hour Visitor Parking. Above the garage and straight back is available for attendee parking.

Doubletree Nashville Airport Hotel - (.9 miles)

2424 Atrium Way, Nashville, TN 37214

The Doubletree is ROCIC’s recommended hotel. Rooms are available at the Doubletree Nashville Airport Hotel at a discounted ROCIC rate of \$123 + tax. This rate includes complimentary breakfast and shuttle service.

To book reservations at the Doubletree Nashville Airport Hotel:

- **By Phone:** (615) 889-8889; Reference ROCIC Corporate Account # 560076397
- **Online:** [CLICK HERE for the Doubletree Website](#)
 - Enter Dates and room information
 - Click “Special Rates”
 - Copy and Paste this code 0560076397 in the Corporate Account box

Towneplace Suites by Marriott - (1.4 miles)

2700 Elm Hill Pike, Nashville, TN 37214

To book reservations at the TownePlace Suites Nashville Airport:

- By Phone: (615) 232-3830; corporate code A3042
- Online: [Click here to book discounted rate reservations](#)

Homewood Suites by Hilton Nashville-Airport - (1.42 miles)

2640 Elm Hill Pike, Nashville, TN 37214

[Click here to book discounted rate reservations](#)

- Enter Dates and room information
- Click “Special Rates”
- Copy and Paste this code 0002687083 in the Corporate Account box

Best Western PLUS Nashville Airport Hotel - (2.1 miles)

911 Airport Center Drive Nashville, TN 37214

[Click here to book discounted rate reservations](#)

Other area hotels:

Nashville Airport Marriott - (.3 miles)

600 Marriott Drive, Nashville, TN 37214

To book reservations at the Marriott call: (615) 889-9300

No discounted rate- sometimes accepts government rate

Embassy Suites Nashville Airport Hotel - (1.19 miles)

10 Century Blvd., Nashville, TN 37214

To book reservations at the Embassy Suites call: (615) 871-0033

No discounted rate- sometimes accepts government rate