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The Bullet Proof Mind LTC Dave Grossman

Psychological preparation for combat. Bringing together current trends in violence, from terrorists to aggravated assaults, Col. Grossman coalesces his research into a presentation affirming the life that all law enforcement and military professionals have chosen to lead. Within that context, Grossman presents a model for action that ensures professionals can train for and overcome the unique mental stressors of possible violence.

Find out what to expect when your heart rate rises and blood drains from your face, and how to avoid it.

This presentation contains content that may be disturbing or emotionally challenging. Viewer discretion is advised.

St. Petersburg College recognizes that certain topics discussed or depicted within this presentation may evoke strong emotional responses or discomfort. The purpose of including such content is to raise awareness about the mental health challenges faced by law enforcement officers.

Please be aware that St. Petersburg College takes the well-being of the audience seriously, and individuals with sensitivities or concerns about the nature of the content are encouraged to exercise caution or choose not to view the specific segments that may be distressing.

If you find the material too intense or emotionally unsettling, it is okay to step away, and support resources are available for those who may need assistance.

St. Petersburg College is committed to fostering a safe and respectful environment. Questions, comments, or concerns regarding the content are welcomed and can be addressed at the end of the presentation or through moran.meredith@spcollege.edu.

Casual clothing is recommended. Shorts, tank tops and/or offensive T-shirts are unacceptable attire. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

Training Calendar <http://pstc.spcollege.edu/>

GENERAL INFORMATION

July 22, 2024

Time: 8:00 a.m. - 2:00 p.m.

Fees: **No fee**

Lunch provided.

Registration: (727) 341-7952

Facilitator: Dr. Meredith Moran

moran.meredith@spcollege.edu

Agency/Self-Registration

<https://spcollege.augusoft.net>

Registration & Hotel information

Lt. Col. Dave Grossman is an internationally recognized scholar, author, soldier, and speaker who is one of the world's foremost experts in the field of human aggression and the roots of violence and violent crime. Col. Grossman was a West Point Psychology Professor, Professor of Military Science, and an Army Ranger. He combined his experiences to become the founder of a new field of scientific endeavor that has been termed "killology." In this new field, Col. Grossman has made revolutionary contributions to our understanding of killing in war, the psychological costs of war, the root causes of the current "virus" of violent crime that is raging around the world, and the process of healing the victims of violence in war and peace.