



Maximizing Performance During Critical Situations by Understanding the Psychological and Physiological Responses to Fear

About the Instructor

**Major Mark D. Sawa,
Travis County (TX)
Sheriff's Department, Ret.**

Major Sawa brings over 30 years of experience in the Criminal Justice field, having achieved numerous advanced law enforcement certifications including Tactical Command and Decision-Making, Mental Health Certification and Instructor Certification, among many others. He holds a Bachelor's Degree in Criminal Justice and is a court-certified use of force expert witness and a certified use of force analyst.

Major Sawa has trained thousands of officers as an instructor for U.S. Department of Justice programs as well as dozens of local, state and national law enforcement training conferences. He also provides consultation, policy review, and investigative follow-up regarding use-of-force situations and police tactics.

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The ability to handle a crisis and remain calm when others are confused and overwhelmed is among the most critical for a law enforcement officer to possess. Those who are overcome by the fear response make poor decisions and often respond by using inappropriate and unreasonable force.

“Maximizing Performance During Critical Situations by Understanding the Psychological and Physiological Responses to Fear” is training to understand which specific responses occur when an officer is involved in a highly-stressful situation, as well as how to apply proven techniques and practices not only to diminish or eliminate the debilitating effects of the stress response, but also to utilize it as a performance-enhancing mechanism.

Through participation in this training program, each participant will:

- Obtain a greater understanding of the human fear response as an important component in the development of our mental preparedness for high-risk and high-stress situations
- Participate in the analysis of actual use-of-force cases where the fear response should have factored into the determination of objective reasonableness, but was repeatedly overlooked
- Be provided with ongoing and long-range tools and techniques to help develop the immediate response abilities of officers during spontaneous violent encounters that come with little or no warning
- Be provided with a technique to employ during high-stress or life-threatening situations that can diminish the performance-hindering aspects of the fight-or-flight response and help turn it into a performance-enhancing response
- Be able to identify how the most important skills and abilities that an officer possesses – such as decision making, reaction time, vision, and memory – can all be affected, to one degree or another, during high-stress or fear-inducing situations

Upcoming Training Date

Maximizing Performance During Critical Situations

May 19, 2021 – 8:00 am to 4:30 pm
Hosted by

Tilton, NH Police Department
45 Sanborn Road, Tilton, NH 03276



Register online at:

<https://communitystrategies.net/MaximizingPerformanceTiltonMay2021>