



ENHANCING PERFORMANCE UNDER PRESSURE

*Science and experience behind resilience,
efficiency, enhanced awareness and improved
decision-making*

HARRI GUSTAFSBERG, PHD

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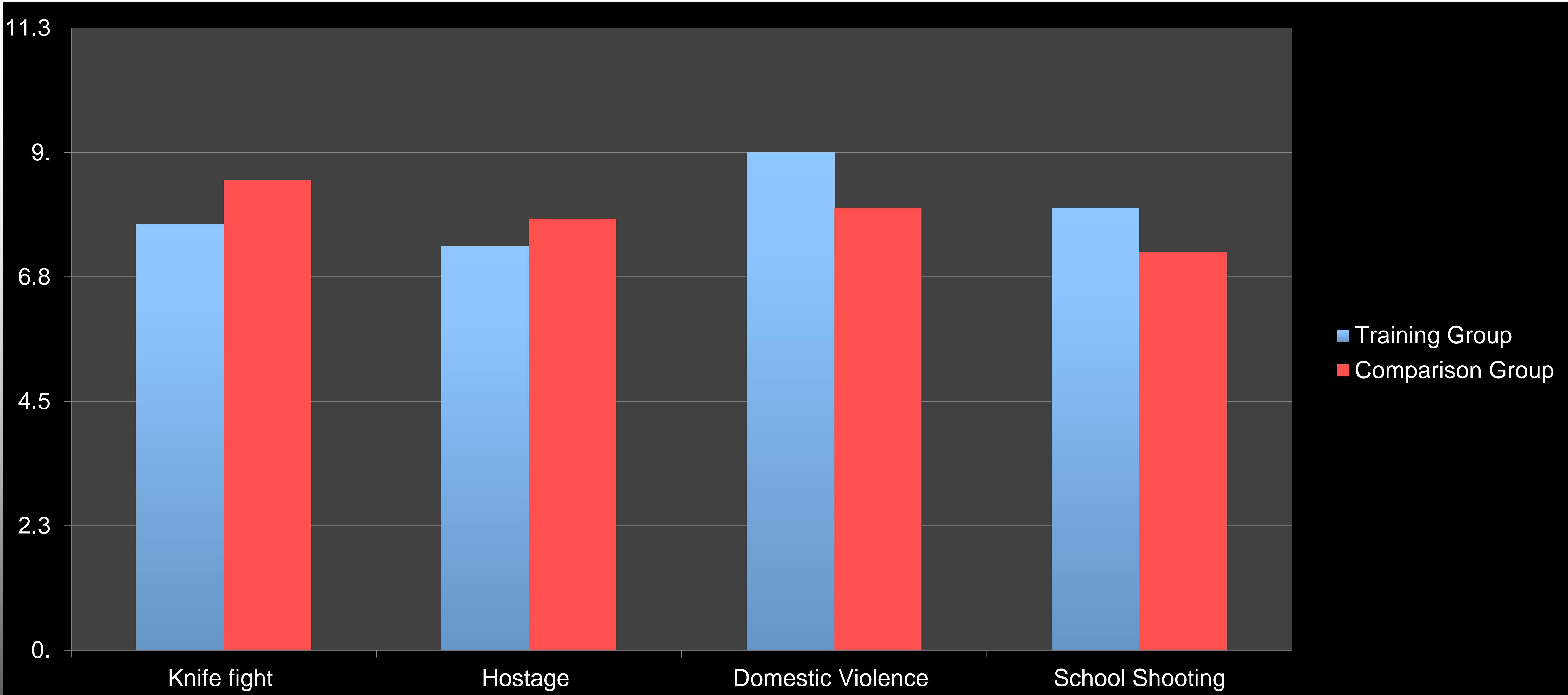




WHO?

PERFORMANCE?

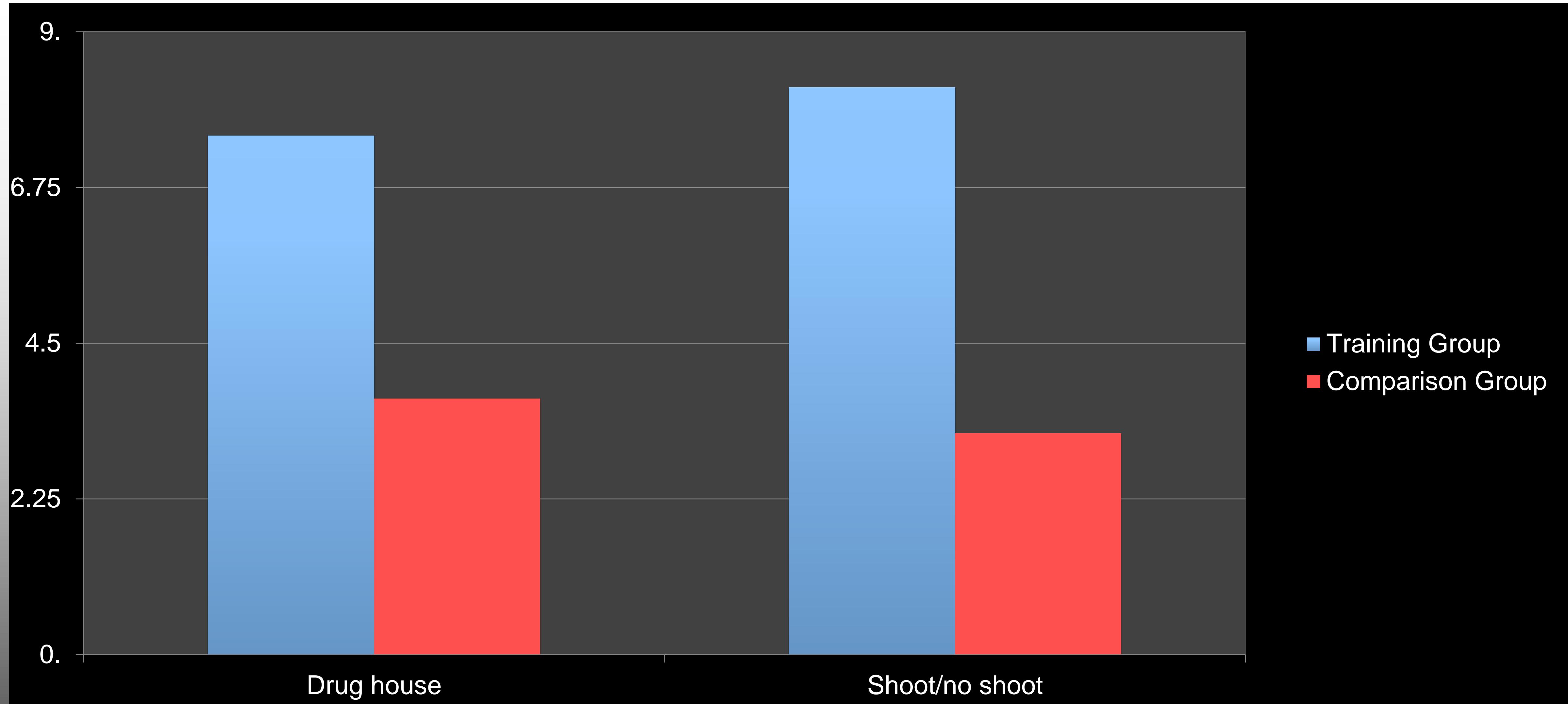
PRESSURE?



- Andersen, J. P., & Gustafsson, H. (2016). A training method to improve police use of force decision making: A randomized controlled trial. *Journal of Police Emergency Response*. Open Access: DOI: [10.1177/2158244016638708](https://doi.org/10.1177/2158244016638708)

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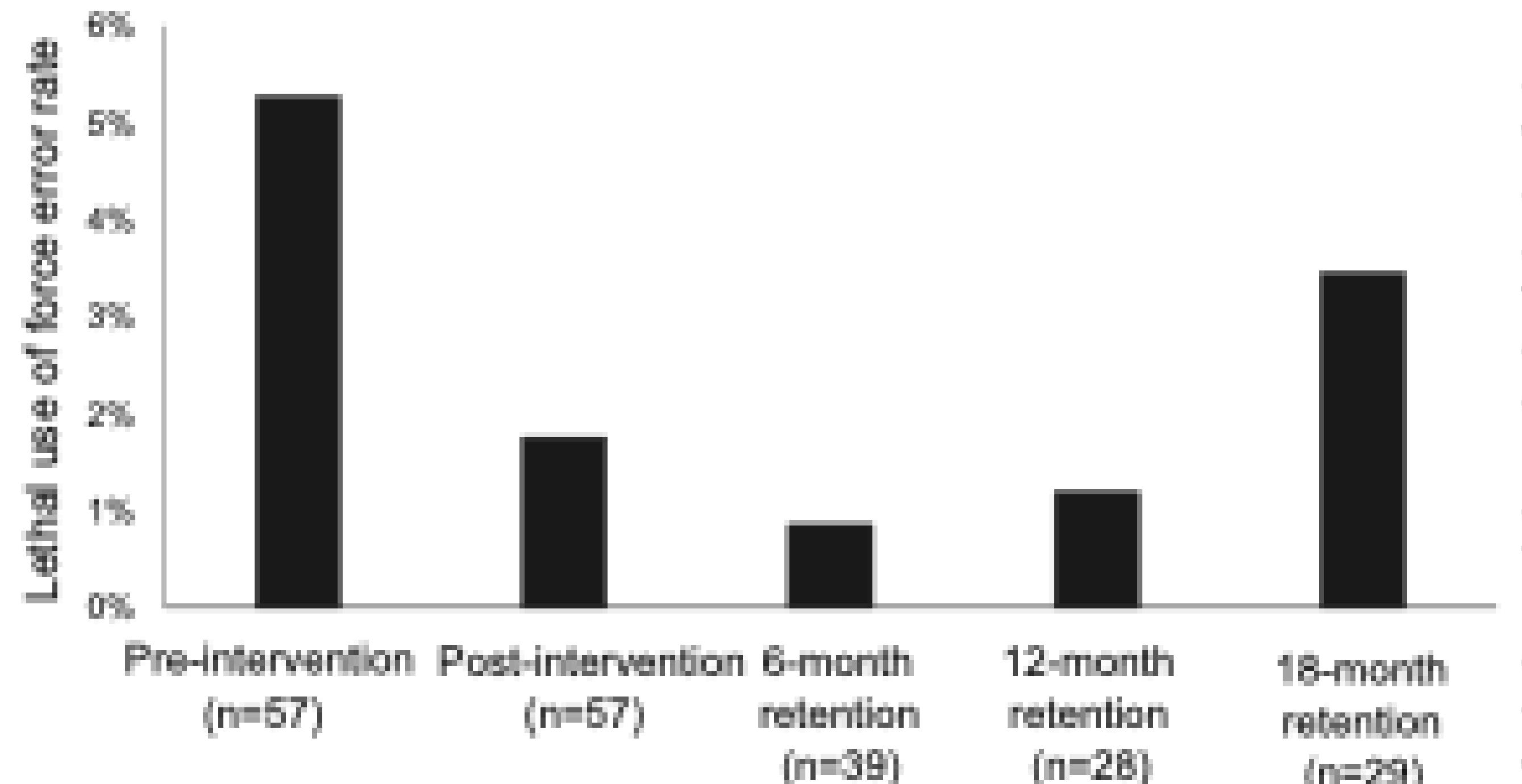


FIGURE 1. Lethal force error rates during critical incident scenarios before and after the physiological intervention. Performance (ie, correct shoot/no shoot decisions) was scored by expert Use of Force Instructors, and showed a 67% decrease in errors of lethal use of force following the physiological intervention (nine errors pre-intervention, three errors post-intervention of 171 opportunities), which was maintained at 6-month (1 error of 117 opportunities, 84% reduction) and 12-month (1 error of 84 opportunities, 77% reduction) evaluations. Gains in police performance began to reverse at 18-month retention evaluation (3 errors of 87 opportunities, 35% reduction relative to pre-intervention error rates). Retention of the participant sample was maintained throughout the study, with 81% of officers (46/57) returning for at least one follow-up evaluation conducted at 6, 12, and 18 months.

CME AVAILABLE FOR THIS ARTICLE AT ACOEM.ORG

OPEN

Reducing Lethal Force Errors by Modulating Police Physiology

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Harri Gustafsson, PhD, Steven Poplawski, BA, and Joseph Arpaia, MD

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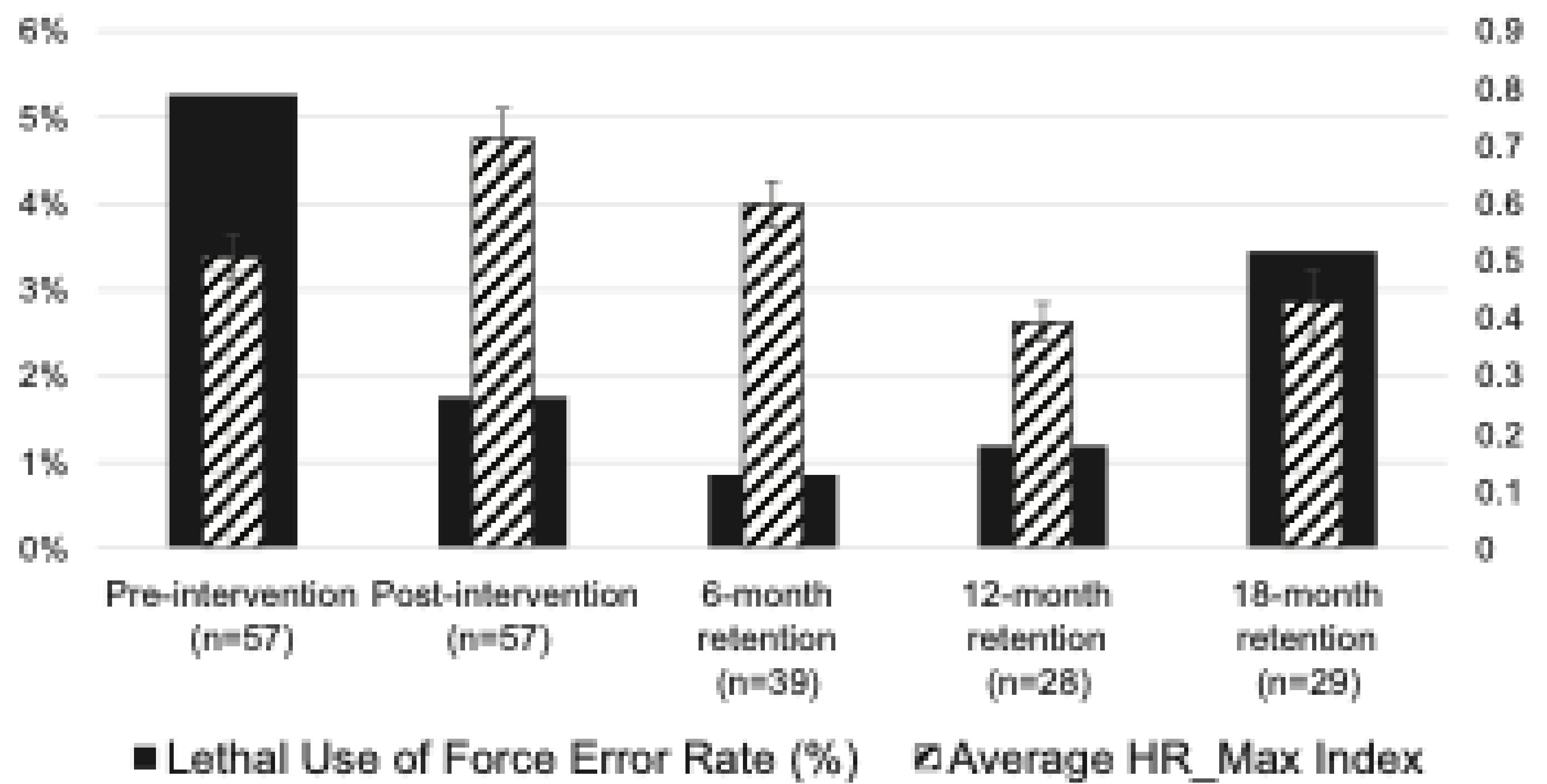
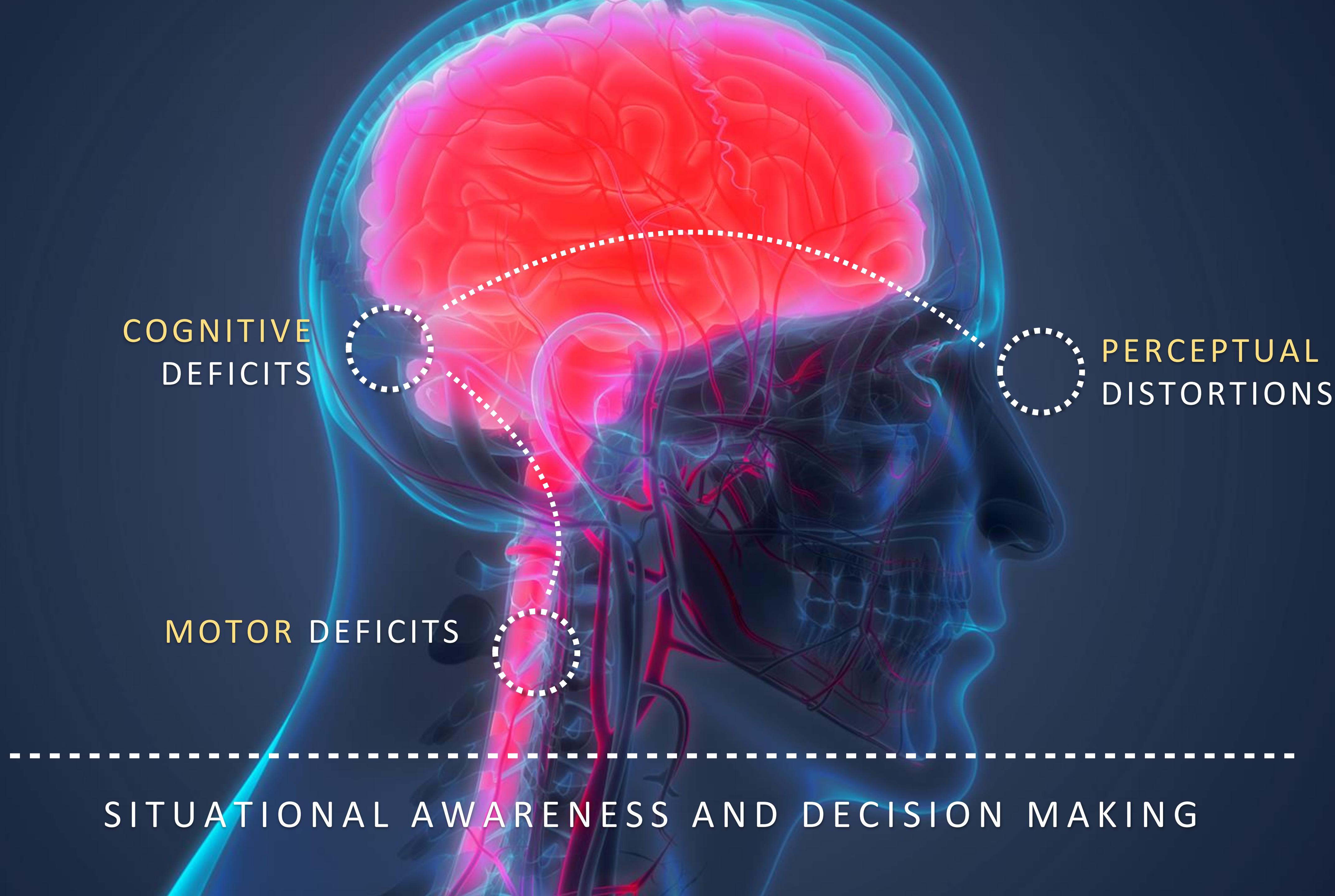


FIGURE 4. Mapping autonomic arousal and lethal use of force decision-making errors. When considered together, increased autonomic arousal at post-intervention and 6-month retention intervals (hatched bars) coupled with reduced lethal force errors (black bars) suggest improved modulation of autonomic arousal that is matched to the demands of threatening and occupationally relevant scenarios. With continued practice, autonomic arousal modulation and resultant improvements in police use of force decision-making (reflected by reduced error rates) are sustained at 12 and 18 months, supporting the efficacy of the current intervention.





COGNITIVE
DEFICITS

PERCEPTUAL
DISTORTIONS

MOTOR DEFICITS

SITUATIONAL AWARENESS AND DECISION MAKING

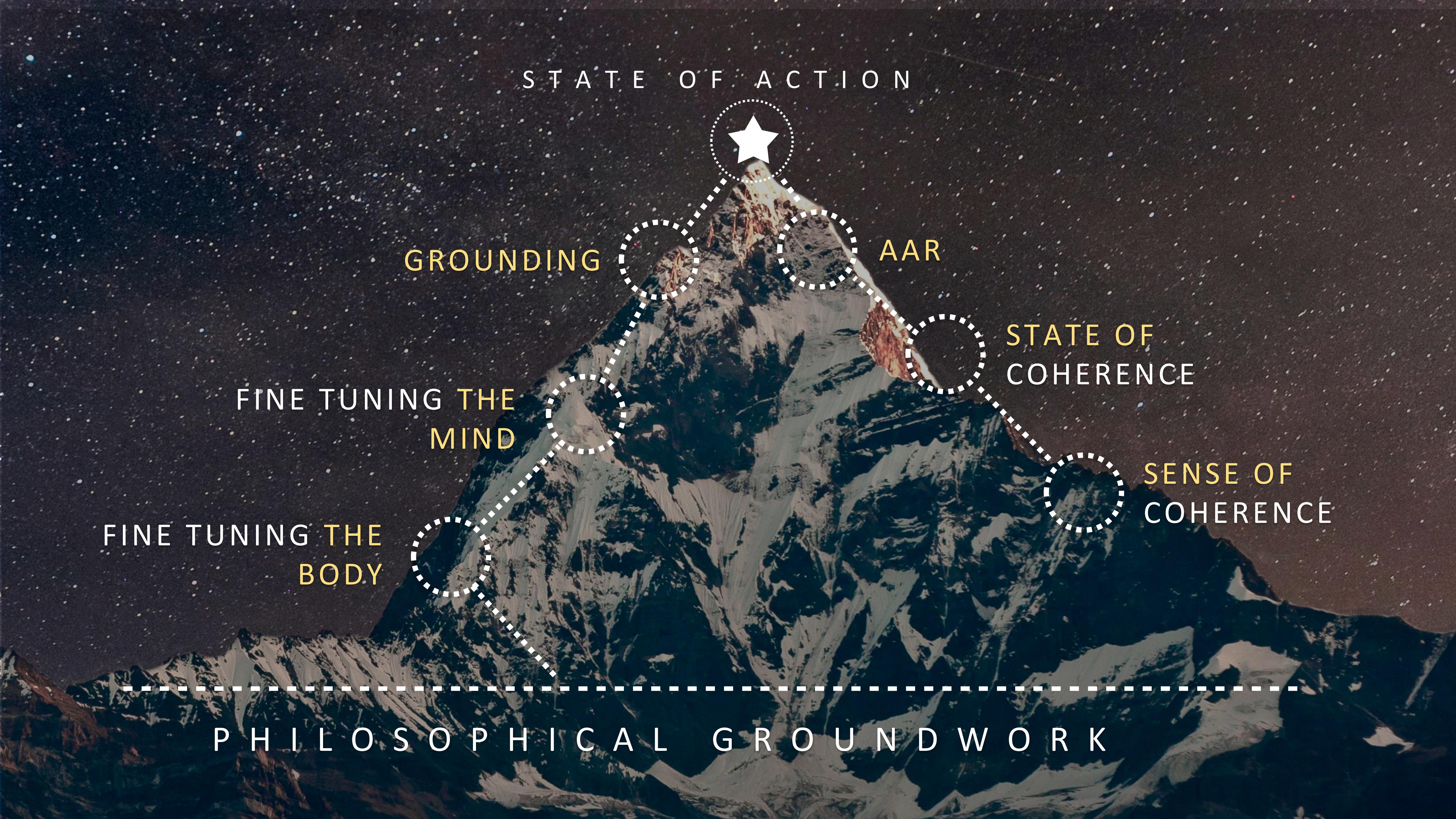
PHILOSOPHICAL GROUNDWORK

What is the role
you are playing?

Purpose of your goal?

What is significant?



A photograph of a rugged mountain range under a dark, star-filled sky. A prominent peak in the center-right rises sharply, its slopes covered in patches of snow and dark rock. At the very top of the mountain, a single bright white star is visible against the black background.

STATE OF ACTION

GROUNDING

FINE TUNING THE
MIND

FINE TUNING THE
BODY

AAR

STATE OF
COHERENCE

SENSE OF
COHERENCE

PHILOSOPHICAL GROUNDWORK

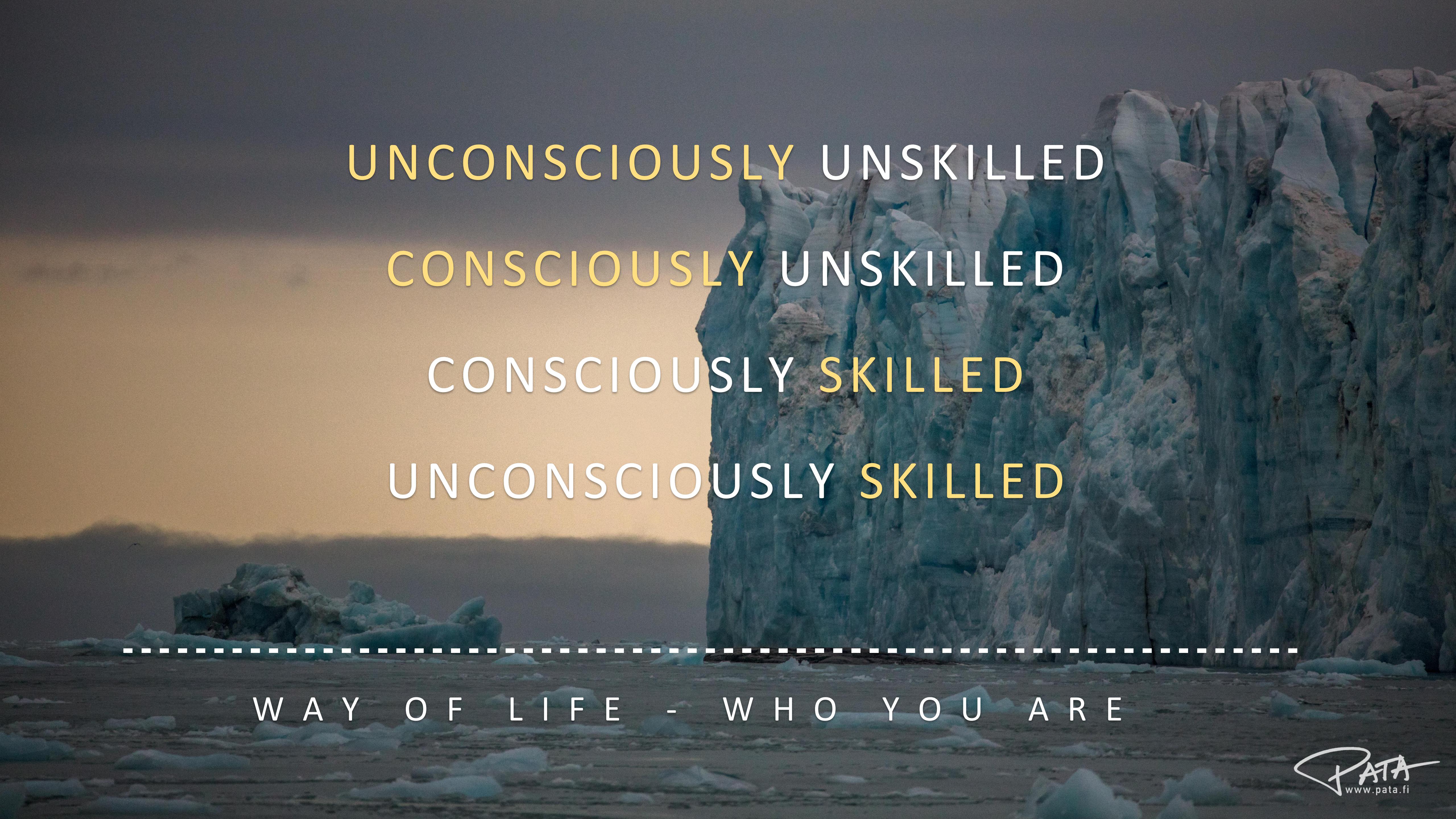
SENSE OF COHERENCE

Comprehensibility

Manageability

Meaningful

Aaron Antonovsky, 1987

A large, jagged iceberg dominates the right side of the frame, its surface a mix of deep blues and dark grays. The background is a dark, overcast sky with faint, distant clouds. In the lower-left foreground, smaller icebergs and浮冰 are scattered across the dark water.

UNCONSCIOUSLY UNSKILLED

CONSCIOUSLY UNSKILLED

CONSCIOUSLY SKILLED

UNCONSCIOUSLY SKILLED

WAY OF LIFE - WHO YOU ARE

H O M E W O R K

What is the greatest
expression of myself
that I can be today?





THANK YOU

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