

# STRESSVEST™

## STRESSVEST™ REALITY BASED TRAINING INSTRUCTOR CERTIFICATION



SETCAN CORP. - STRESS EXPOSURE TRAINING

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### COURSE DESCRIPTION

In 2011, the world of Reality Based Training was changed forever when the StressVest, the most advanced force on force firearm tactical training system in the world, was finally released after years of development.

StressVest Inc. is now proud to announce the launch of the most advanced instructor level course in the area of use of force and firearms scenario based training. This course will educate instructors on the most up to date advancements in scenario and stress performance based training. This dynamic course has lots of practical hands on exercises and informative videos designed with the Instructor in mind.

### COURSE TOPICS:

#### STRESSVEST OPERATION & SAFETY

The StressVest system is the most advanced, force on force training system available. Safe and appropriate use of the StressVest system will be discussed along with blank fire, dry fire and CO2 recoil training weapon options. This section also teaches how to utilize the software based controller that allows for various modes of operation that can radically enhance performance of your students. This includes "Stress Exposure", "Move to Cover" and "Injured Officer" modes.

#### UNDERSTANDING HUMAN PERFORMANCE UNDER STRESS

The most advanced research and application methods in the area of human performance under stress will be examined. Stress Inoculation and Stress Exposure training will be directly covered. This section is a must for any Instructor desiring to develop themselves as a court declared expert in the area of police use of force dynamics.

#### TESTING PERFORMANCE UNDER STRESS

Scenario based training is simply the most effective way to ensure your students are prepared to respond appropriately during a real world encounter. Instructors will be shown how to effectively design testing scenarios that will effectively identify individuals who require remedial training. The system of testing will also assist in identifying the type of remedial training required to quickly bring the student up to the desired level of performance.

#### PATTERN RECOGNITION & RESPONSE TRAINING

Traditional Stimulus - Response training is not reflective of most real world encounters. A review of most encounters shows a laundry list of threat cues leading up to the final threat stimulus. This area of training will have the most profound effect on the performance of your students but is often the most overlooked and under utilized area of training. This section of the course will forever change the way you approach training your students for the real world.

#### BEING AN EFFECTIVE ROLE PLAYER

Role playing is the most important aspect of scenario based training. Regardless of how well structured a scenario has been formed, inadequate role playing can render the scenario useless. Instructors will be shown how to identify candidates for role playing, how to properly prepare the role player for the scenario, and how to control the role players performance during the scenario. This section of the course alone will dramatically improve your existing program.

#### DESIGNING EFFECTIVE SCENARIOS

To design effective training scenarios, instructors must ensure that the scenario is clear and concise, and built to drive the student to reach the desired objective. To often scenarios ramble on with ambiguity, causing confusion and failure with students. This section will teach Instructors how to maximize the use of every second during the scenario. The use of Stress Templates will be utilized to assist in developing scenarios that create the same stress responses that would be felt in a real world event.

#### DELIVERING EFFECTIVE SCENARIOS

The course dedicates ample time to actual running of scenarios. Each participant will be required to deliver several scenarios to put into practice theories learned on the course. This hands on training is the most beneficial aspect of the course.

