

# The Bulletproof Mind

## Course objectives:

To do, for the mind and the spirit, what body armor does for the torso.

## Abstract/Summary:

THE BULLETPROOF MIND:  
PSYCHOLOGICAL PREPARATION FOR COMBAT

- A new era of 'record' body counts in international and domestic terrorism.
- Salient historical events that may influence terrorist behavior.
- The possibility of school violence, and school/workplace violence prevention.
- A virus of violence in America and world-wide, its causes, and its effect.
- The psychological cost of conflict.
- The physiology and psychology of a conflict situation.
- PTSD: What is it and how to prevent it.
- The resistance to killing in every healthy human.
- Non-firers throughout history.
- A revolution in combat: Use of training to overcome the resistance to killing.
- Training kids to kill: The virus of violence and how kids are being enabled to kill.
- Survival after the battle and in the years to come.

## Bio:

Dave Grossman

Lt. Colonel, U.S. Army (ret.)

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 who has combined his experiences to become the founder of a new field of scientific endeavor, which has been termed "killology." In this new field Col. Grossman has made revolutionary new 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.

He is the author of On Killing, which was nominated for a Pulitzer Prize; has been translated into Japanese, Korean, and German; is on the US Marine Corps Commandant's Required Reading List; and is required reading at the FBI academy and numerous other academies and colleges. Col. Grossman co-authored Stop Teaching

Our Kids to Kill: A Call to Action Against TV, Movie and Video Game Violence, which has been translated into Norwegian and German, and has received international acclaim. Col. Grossman's next book was On Combat, which has also placed on the US Marine Corps Commandant's Required Reading List and is translated into Japanese and Korean. His most recent book is Warrior Mindset, which applies sport psychology and performance psychology to military and law enforcement.

Col. Grossman has been called upon to write the entry on "Aggression and Violence" in the Oxford Companion to American Military History, three entries in the Academic Press Encyclopedia of Violence and numerous entries in scholarly journals, to include the Harvard Journal of Law and Public Policy.

He has presented papers before the national conventions of the American Medical Association, the American Psychiatric Association, the American Psychological Association, and the American Academy of Pediatrics.

He has presented to over 100 different colleges and universities world wide, and he has trained educators and law enforcement professional, in the field of school safety, at the state and regional level, in all 50 states and over a dozen foreign nations.

He helped train mental health professionals after the Jonesboro school shootings, and he was also involved in counseling or court cases in the aftermath of the Paducah, Springfield, Littleton, Virginia Tech, and Nickel Mines, PA Amish school shootings.

He has been an expert witness and consultant in state and Federal courts, to include serving on the prosecution team in UNITED STATES vs. TIMOTHY MCVEIGH.

He has testified before U.S. Senate and Congressional committees and numerous state legislatures, and he and his research have been cited in a national address by the President of the United States.

Col. Grossman is an Airborne Ranger infantry officer, and a prior-service sergeant and paratrooper, with a total of over 23 years experience in leading U.S. soldiers worldwide. He retired from the Army in February 1998 and has devoted himself full-time to teaching, writing, speaking, and research. Today he is the director of the Killology Research Group, and in the wake of the 9/11 terrorist attacks he is on the road almost 300 days a year, training elite military and law enforcement organizations worldwide about the reality of combat.

(Presentation Outline)

## THE BULLETPROOF MIND: PSYCHOLOGICAL PREPARATION FOR COMBAT

Time: 0900-1600 to do whole presentation, can be done in less

- A new breed of domestic and international terrorism
  - One goal: a body count, in order to gain media attention.
  - Salient historical events that may predict terrorist actions
  - Measures for prevention, response, and survival in the face of terrorism
- Most violent time in peacetime human history
  - A virus of violence in America and world-wide
    - \*US Crime Rates)
    - \*World Crime Rates)
  - Threatens democracy:
    - The universal human phobia
    - \*Maslow's Hierarchy of Needs
  - "Warriors"
    - Moving to the sound of the guns
    - Shield + Armor + Weapon + Good Deeds = ?
    - = A New Knight in a new Dark Ages
  - Taboo topic...
    - Loss of bowel & bladder control
    - All's fair in...
- The psychological cost of conflict.
  - \*Swank and Marchand WWII findings (98% Psych Casualties)
  - \*Aggression & Predators; Sheep, Wolves & Sheepdogs
  - \*The Warrior's Dilemma,
    - Psychological Burdens of Combat
- The physiology and psychology of a conflict situation.
  - \*Effects of Hormonal induced Heartrate
  - \*Perceptual Distortions in Combat
  - \*The Anatomy of Killing: Killing Enabling Mechanisms
    - Non-firers throughout history.
    - Groups, Leaders, Distance, and Training
  - \*A revolution in combat:
    - Training to overcome resistance to killing.
    - Historic background/examples
  - \*Media Violence and Killing Enabling in kids
  - \*Effects of Midbrain processing
  - \*Implications of the 4 F's
  - \*Post Combat Response
- How to control physiological response to combat
  - \*3 Ways to Control Combat Stress
  - \*Combat Breathing
- PTSD: What is it and how to prevent it
  - \*The mid-brain-forebrain link in post combat response
  - \*The development of PTSD
  - \*The role of breathing exercises and stress inoculation

- Stress inoculation
  - \*Prepare to be afraid
  - \*Prepare to be shot at
  - \*Prepare to be hit!
  - \*Prepare to be in combat with spouse

Note: \*=Overhead Slide or Diagram in Class  
(Presentation Outline, continued)

- Guarding against survivor guilt:
  - \*The morality of killing
  - \*Justice not vengeance
  - \*Life not death
- Conclusion:
  - Not about killing...
  - ...About protecting, preserving defending
  - Case study: 9/11 firefighter and the Spartans at Thermopile
  - Case study: "...get behind me"

Note: \*=Overhead Slide or Diagram in Class

### **Educational Objectives for:**

#### **The Bulletproof Mind: Psychological and Physiological Preparation for Combat**

- The students will integrate, into their professions, an understanding and application of for measures for: prevention, response, and survival in the face of a new kind of domestic and international terrorism, as represented by the attacks in NYC, Littleton, Oklahoma City, and Jonesboro.
- The students will integrate, into their professions, an understanding and application of the effects of physiological arousal upon humans faced with close-range interpersonal aggression
- The students will integrate, into their professions, a knowledge of physiological arousal in close-range interpersonal aggression in order to limit and prevent undesired physiological arousal in close-range interpersonal aggression situations.
- The students will integrate, into their professions, a knowledge of physiological arousal in close-range interpersonal aggression in order to limit and prevent post-traumatic stress disorder (PTSD).
- The students will integrate, into their professions, a knowledge of stress inoculation to close-range interpersonal aggression factors in order to limit and prevent undesired physiological arousal in close-range interpersonal aggression situations.
- The student will integrate, into their professions, an understanding of (1) the physiological effects of combat and (2) military violence enabling techniques, in order to explain the role of media violence (in TV, movies and video games) in causing violent crime.

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