OPOTA COURSE OFFERING

Bulletproof Mind

Course Number

When

Where

Course Description

Lt. Col. Dave Grossman (Ret.) has made major contributions to the study of human aggression, societal violence and violent crime. In this one-day course, his training objective is to "do for the mind and spirit what body armor does for the torso." Topics to be covered include the psychological and physiological manifestations of violent confrontation, how to overcome the resistance to employ lethal force, and the causes and effects of violence worldwide. In his book *On Combat: The Psychology and Physiology of Deadly Conflict in War and Peace*, Grossman explores what happens in the human body during deadly confrontations as well as how to train to survive and overcome. Course attendees will receive a copy of the book.

Contact

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Registration

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