

Instructor:

Kyle Shoberg

Contact Info:

kyleshoberg@gmail.com

## **Surviving A Critical Incident**

**and**

## **Officer Wellness:**

*Discussion of how to survive a critical incident as it relates to officer involved shootings and the mental health of officers*

With violent encounters on the rise for officers today, this class is designed to provide law enforcement officers with skills needed to survive a critical incident relating to an officer involved shooting as well as being able to mentally and physically prepare yourself for such an encounter. A discussion on good leadership and proper tactics as learned through relatable real-life experiences. Additionally, Kyle shares his story of breaking the stigma of speaking out and dealing with post trauma, evolving PEER support and the introduction to Eye Movement Desensitization and Reprocessing (EMDR) Therapy. Currently the number one cause of death for law enforcement officers is suicide. It is vital for first responders to feel comfortable about speaking out, identifying and recognizing signs of post trauma.

### **Learning Objectives:**

- *Provide fundamental traits of good leadership for officers in the field and how to apply them during a critical incident*
- *How to prepare yourself for a deadly encounter, both mentally and physically*
- *Conditioning your brain to handle high stress incidents*
- *Understand the benefits of implementing organizational strategies for educating and maintaining healthy employees in the aftermath of a critical incident*
- *Recognize, understand, and address some of the physical, mental, and emotional stresses that occur after an officer involved shooting or other critical incident*
- *Understand how an agency can reduce the stresses incurred by the officers, department, and community in the aftermath of a police action shooting*

### **Instructor Biography:**

Kyle Shoberg is a Police Officer employed by the Citrus Heights Police Department. Kyle has 13 years of law enforcement experience. In 2014 Kyle was assigned to the K9 unit where he currently serves. During his time in K9, Kyle works with the SWAT team and is POST certified in SWAT & K9 interacting During Deployment (SKIDD). Kyle has been a part of numerous critical incidents including: direct involvement in 4 officer involved shootings, 500 K9 deployments, and over 60 K9 apprehensions. He is the recipient of several police commendations and awards; most notably the Medal of Valor and the Distinguished Service Medal. Kyle has presented to various Law Enforcement agencies throughout northern California regarding officer wellness and debriefing his officer involved shootings.