



STRESS INOCULATIONTM



RESILIENCE AS TACTICAL ARMOUR — RTA

POLICE · FIRE · AMBULANCE

Composure is not the same as calm

An experiential program designed for police, fire and ambulance services which combines research-grade instrumentation (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to build a stress-regulation skill that holds under operational conditions.

"The SI program developed by Dr. Pyle strongly aligns with current science and my belief in the integration of mind and body in the field of Health Psychology. SI adds a critical layer of sophistication with the use of computer technology. Overall, SI takes corporate training programs to an advanced level. Very impressive!"

John Arden, PhD,
International speaker and author of **Rewire your Brain 2.0**

PROGRAM DEVELOPER



Dr. Kevin Pyle holds a PhD in Clinical Psychology from The Wright Institute, Berkeley, and is a Member of the Clinical College of the Australian Psychological Society. He has synthesised 45 years in the field of Psychology to develop the Stress Inoculation (SI) family of programs, bringing together research-grade instrumentation, proven psychological techniques and current work on neuroplasticity.

dr.kevin@innovativepsych.com.au | innovativepsych.com.au

RESILIENCE AS TACTICAL ARMOUR — RTA

Resilience as Tactical Armour has been refined over nine years for operational conditions. It trains a physical skill rather than delivering education about stress, and gives each participant objective evidence, drawn from their own physiology, that the skill works. The baseline is a training measure rather than a clinical assessment, so taking part requires no disclosure.

- In a realistic lethal-force scenario, officers averaged 59% performance and 27% made a lethal-force error under stress. A biofeedback intervention teaching officers to regulate that response cut those errors, with gains still holding at 18 months.
- PTSD runs at 10–14% in first responders against 1–4% in the general population. A systematic review of the barriers to first responders seeking mental health care found them to be stigma, fear of career consequences and the practical difficulty of getting time off (Haugen et al., Journal of Psychiatric Research, 2017).

PROGRAM STRUCTURE

Five modules of approximately 60 minutes. Module 5 is delivered one-to-one.

Module 1. Introduction to the mind/body connection and Biofeedback.

Module 2. Individual baseline assessment measuring whether current coping strategies are physiologically effective. Recorded as a training measure, not a clinical file.

Module 3. Participants introduced to proven specific coping strategies (neuroplasticity).

Module 4. Techniques acquired in Module 3 applied while connected to the Biofeedback system to determine mastery and build confidence in the new skills.

Module 5. Individual review using operational scenarios drawn from the service. Conducted one-to-one for confidentiality.

Every program is licensed to the organisation. IPS trains your own personnel to deliver it, and facilitators are recertified every twelve months so that quality does not drift. The capability stays inside the organisation rather than leaving when a contract ends.

*NEXUS BIOFEEDBACK

"The NeXus biofeedback solutions provide deep insights into health for empowering autonomic self-regulation with real-time feedback training." ~ Mind Media.

*HEARTMATH

The value of breath in the pursuit of emotional regulation.

*MINDFIELD eSENSE

The take-home sensor participants use to practise between modules.

TOMORROW MADE PRESENT

innovativepsych.com.au

Arrange a 20-minute consultation

dr.kevin@innovativepsych.com.au | innovativepsych.com.au

Bookings require a minimum of 48 hours' notice. Delivered in person or remotely, worldwide.