



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 cutting edge computerised equipment (*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, Licensed Clinical Psychologist in two countries (US & Australia), has synthesised 45 years' experience in the field of Psychology to develop the Stress Inoculation (SI) family of training programs. Each program brings together cutting-edge technology, proven psychological techniques and the latest advances in neuroplasticity.

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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, and 46.7% work while sick rather than use leave for mental health reasons.

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

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