Formal Learning Objectives

While the main portion of the course was one in which participants co-created their learning environment, we did set out formal learning objectives and goals for each session. The formal learning objectives included:

1. To bolster participants’ ability to adapt their behavior in different and difficult circumstances

2. To enhance participants’ experience with empathy and creative thinking

3. To engage “personality plasticity” and to help participants understand you’re not being duplicitous when you change and adapt your behavior according to the environment

4. To activate self-compassion, to reflexively understand your position within the realities of working in the job you have.

The session by session goals were outlined as follows:

1. Developing an awareness of your surroundings and stimuli from the external environment, with particular attention to the senses
2. Developing an awareness of how one’s own background, thoughts, and context can influence the surrounding environment

3. Utilizing case studies and policing scenarios, to increase officers’ level of awareness of how the environment and the individual’s context can contribute to a successful or destructive negotiation

4. Developing and analyzing new experiences of empathy when looking at a situation from the outside
   
   *Performance poets included as collaborators*

5. Developing and analyzing new experiences of empathy when experiencing a situation from the inside

   *Performance poets included as collaborators*

6. Using compassion and self-compassion in crisis situations

   *Presenting parallel case studies and principles from the fields of Emergency Medicine and the NYPD’s Hostage Negotiation Team*
See Something Say Something

Maurice Emerson Decaul

The Cop said to the old guy, "You piece of shit, get the fuck off this train." Then

the Cop said to him, "You piece of shit get the fuck out this station." Afterwards

the Cop turned around, seemingly needing from the rest of us some affirmation shook his head & then he shook his head.