

OVERVIEW

Cognitive Command Training Program (C2)

C2 Training creates a system of cognitive exercises to structure how information is taken in and processed and builds response habits that are appropriate and tactically sound. The end result is officers that are mentally prepared to deal with the people and situations they will face on the street. Having habits and structured informational flow in the brain keeps officers ahead of the action/reaction curve so that they can pre-plan and take action rather than simply react. This improves use-of-force decisions, increases emotional knowledge, and ensures officers are acting on the facts at hand and not responding based on implicit biases – all positive outcomes which have been empirically documented with C2 Training.

The WA State Criminal Justice Training Commission conducted an experiment utilizing 4 academy classes, each comprised of 30 students. Two classes were given the training, (experiment group) and 2 classes were trained in the regular manner.

Summary of Results from Video Shoot Scenario:

- Automatic Actions – experiment group used cover when the threat level rose nearly three times faster than the group not trained in C2
- Safety Decisions – Significantly more in the experiment group took cover compared to the group not trained in C2
- Use of Force – Experiment group took significantly fewer shots with significantly higher accuracy than the group not trained in C2
- Situational Comprehension – In word completion tasks experiment group better tied information together showing significantly higher levels of situational comprehension
- Implicit Bias – Based on survey feedback, significantly higher levels of emotional intelligence was shown in experiment group and they exhibited significantly lower levels of implicit bias than the group not trained in C2