TOPIC OVERVIEW
Why do some police officers perform well under stress while others fall apart? Our applied research with law enforcement agencies in the US and UK shows that staying in cognitive control makes a difference. Electrophysiological findings showing how stress affects multitasking while driving will be presented, followed by an overview of studies that demonstrate how training can improve performance under stress.

SPEAKER BIOGRAPHY
For more than a decade, Jonathan Page, a cognitive neuroscientist, has been researching and studying human perception and action. Jon’s research on physiological responses to stress, and how stress influences behavior, led him to pursue new and more effective ways for law enforcement officers to manage stress and stressful situations. The knowledge and data that Jon acquired while collaborating in field research with law-enforcement and military agencies in the US and abroad provided him with the information he needed to develop the Cognitive Command (C2) training technique. C2 training creates automatic patterns of behaviors that officers need to maintain control of their cognitive functions, enabling them to better assess their environment, de-escalate, and remain calm during critical incidents. Jon has published his findings in professional scientific and law enforcement journals and presents at conferences and delivers trainings. Along with his wife Kasee, Jon developed a training curriculum that is currently being used in law enforcement academies in the US.