

WEBVTT Transcript Mindhunter Video on You Tube @LisaTaylor-Austin
4/1/24 Lisa Taylor-Austin & Dr. Gregory Vecchi

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00:00:20.500 --> 00:00:21.280

Lisa Taylor-Austin: I have them.

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00:00:21.940 --> 00:00:22.770

Dr. Vecchi: Okay.

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00:00:26.150 --> 00:00:45.635

Lisa Taylor-Austin: If you like the show dangerous minds. And mind, Hunter, you'll love today's video. Because today we're going to be discussing active killers, hostage negotiation. And at the end of our video today, domestic violence and how to escape a dangerous situation where you're being held captive.

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00:00:46.070 --> 00:01:13.010

Lisa Taylor-Austin: I'm Lisa Taylor, Austin, license psychotherapist and expert witness. And my esteemed guest today is Dr. Gregory Vicky, former chief of the Behavioral science unit of the FBI. And I have to refer to my notes here because Dr. Vicky has a very extensive resume. He is also the director of training at safe defend.

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00:01:13.040 --> 00:01:16.160

Lisa Taylor-Austin: He's a certified master trainer and threat

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00:01:16.210 --> 00:01:21.029

Lisa Taylor-Austin: evaluation and reporting with the Us. Department of Homeland Security.

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00:01:21.470 --> 00:01:24.399

Lisa Taylor-Austin: He is the author of a book

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00:01:24.680 --> 00:01:25.790

Lisa Taylor-Austin: named

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00:01:25.810 --> 00:01:33.030

Lisa Taylor-Austin: Fatal Grievances. This is the most recent book here, and he has authored many books

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00:01:33.798 --> 00:01:37.339

Lisa Taylor-Austin: professional articles and book chapters.

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00:01:37.350 --> 00:01:53.640

Lisa Taylor-Austin: He's a specialist in crisis and hostage, negotiation, suicide, intervention, crisis management, and targeted violence. Dr. Becky is also a professor of criminal justice at Kaiser University.

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00:01:54.130 --> 00:02:10.980

Lisa Taylor-Austin: and I had the distinct honor of being trained by him to become a certified behavioral analyst, and I have a great amount of respect for Dr. Becky, and I know we'll be learning a lot from him today. So Dr. Becky, thank you so much for joining us.

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00:02:11.240 --> 00:02:16.579

Dr. Vecchi: It's my pleasure, Lisa. Thanks for having me been anxiously waiting for this interview, very excited.

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00:02:16.720 --> 00:02:31.620

Lisa Taylor-Austin: Oh, good, good! Good! I know that many people watching are going to be interested to hear a little bit first about your work with the FBI and what you did there, and and that type of thing.

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00:02:32.550 --> 00:02:34.410

Lisa Taylor-Austin: Can you share with us a little about that?

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00:02:34.410 --> 00:02:45.729

Dr. Vecchi: Yeah, I'll I guess I'll focus on, I think what's what your most interest is, cause you know, as an FBI agent we all go through the Academy we all get, you know, the training we all have to do criminal investigations and things like this.

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00:02:46.144 --> 00:02:51.689

Dr. Vecchi: I'm you know, what was kind of interesting with me with the FBI, and how I kind of got into the

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00:02:51.830 --> 00:02:59.350

Dr. Vecchi: the Haas's negotiation and the behavioral science and analysis aspect. You know that specialty area in the bureau.

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00:02:59.937 --> 00:03:12.379

Dr. Vecchi: You know, basically came from my time working Russian organized crime as a new agent. And so as a new agent. I went to Miami. I had a lot of

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00:03:12.460 --> 00:03:23.320

Dr. Vecchi: law enforcement experience prior to that, but you know nothing where I worked at that level and working organized crime and things like this. So I was put on a Russian organized crime task force and

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00:03:24.261 --> 00:03:27.228

Dr. Vecchi: those type of investigations.

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00:03:28.060 --> 00:03:52.737

Dr. Vecchi: like the the mafia right, the Italian mafia. Anytime these organized crime? The problem you run into these with these cases in terms of prosecution. Investigation is the fact that the people who are in charge, the people that are giving the orders to kill or to, you know, assassinate, or to, you know, beat somebody up for money, or steal or rob whatever it is like this, these guys.

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00:03:53.480 --> 00:03:58.159

Dr. Vecchi: don't actually do it. They order someone else. Another person does it.

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00:03:58.190 --> 00:04:11.339

Dr. Vecchi: and so without it. So without what we have in in place, right, like the Rico Rico, the continuing criminal enterprise, the conspiracy laws, and things like this. What it allows you to do is

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00:04:13.060 --> 00:04:32.170

Dr. Vecchi: is prosecute everyone involved in that in that line of of communication, or that or that line of authority. Right. So if you imagine you got a crime boss, and he tells his underling, go assassinate, go whack this guy right? And you know, still his money. Okay? And then the guy goes and kills the person.

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00:04:32.440 --> 00:04:34.539

Dr. Vecchi: Okay without conspiracy laws.

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00:04:34.580 --> 00:04:38.419

Dr. Vecchi: you could charge. Obviously, the person who committed the crime. But you couldn't

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00:04:39.100 --> 00:04:45.089

Dr. Vecchi: go after the guy who gave the order, and that was has been the perennial issue prior to these laws being

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00:04:45.971 --> 00:04:50.669

Dr. Vecchi: put into place right? And so what's kind of interesting on this is that

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00:04:51.020 --> 00:04:53.060

Dr. Vecchi: the only way you can really

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00:04:53.655 --> 00:05:12.670

Dr. Vecchi: get that is to capture the communication apparatus. So what does that mean in terms of practicality. It means wire taps. It means bugging rooms. It means undercover operations where you have a person posing as a bad guy wearing some sort of a wire recorder. Anything that's gonna capture the actual

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00:05:12.830 --> 00:05:17.699

Dr. Vecchi: verbal. Okay, go, go, do this right, go kill this person, go steal his money.

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00:05:17.890 --> 00:05:45.719

Dr. Vecchi: And so that was a type of, you know, aces that we worked in the FBI specifically what I worked on both in the Russian organized crime area, general organized crime. And even on the Dea Taskforce we're going after, you know, these these importers of drugs and stuff like that. Right? So, needless to say, the Russian guys were pretty bad guys the this time, and I'm dating myself right as far as age, right? This was in the this is in the nineties right, and when.

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00:05:45.973 --> 00:05:46.480

Lisa Taylor-Austin: Was work.

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00:05:46.690 --> 00:06:01.000

Dr. Vecchi: And so the Russian criminals of of that era were former Kgb guys. They were former prisoners, and so they would come in, you know, to the United States, and they would take over all of the

rackets, the

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00:06:01.000 --> 00:06:19.049

Dr. Vecchi: the human trafficking, the drug, trafficking everything you can take up. Think of they would, they would get into. They would strong arm the competition, kill them, and just take over that racket. And that was the problem we were trying to address. And so the part of that part of that process is, of course, listening.

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00:06:19.150 --> 00:06:32.880

Dr. Vecchi: you know, on their telephone and things like this, so as a. So as a fairly new agent, it comes time to do the arrest right? So I've been on these wire taps listening to these guys, you know, 24 HA day for 2 years. Right?

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00:06:32.910 --> 00:06:35.080

Dr. Vecchi: And then it comes time to arrest them.

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00:06:35.580 --> 00:06:48.600

Dr. Vecchi: And of course, knowing that these are killers, they're bad guys. We have the Swat guys come in right, the tactical guys to come in, because that's what they do, right? So as you might have seen on TV. Right you've got, you know, the the FBI Van

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00:06:48.680 --> 00:07:00.639

Dr. Vecchi: dark van that comes up and doesn't say FBI in it. But you all know it's FBI right, and door opens up. And you know, you got, you know, these these really in shape guys, you know, that have got all their guns. And they're

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00:07:00.640 --> 00:07:26.839

Dr. Vecchi: armor and stuff like this. And they come in was your swat guys. So we gotta brief these guys. So they come in, maybe a day or 2 before the arrest. And it's my job as a case agent to say, Okay, well, here's what we got here, and you know, we lay out pictures, and you know information about what they did and all the other stuff, so they can come up with a good arrest plan so they can safely arrest a person without, you know, as less damage as possible, people getting hurt, especially themselves and us. And

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00:07:26.860 --> 00:07:53.979

Dr. Vecchi: and so it was kind of interesting. And what launched me on this whole thing was was this very case, because when these swat guys

came in for their briefing, I got this room full of, you know, young young guys, very, you know, Buff, like I said everything this. And then in the back in the corner, there was this guy. He was kind of shorter than everybody else. He was fatter than everybody else. He was older than everybody else, and he was bolder than everybody else. Right?

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00:07:54.170 --> 00:08:03.660

Dr. Vecchi: And so I do the briefing. Okay, I noticed the guy, but I don't see anything right. Okay? And then everybody leaves except for the guy, and he's sitting there. He's just sitting in the back.

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00:08:03.990 --> 00:08:08.789

Dr. Vecchi: and he goes on the and he walks up to me, he says, and he sits, down he goes. Tell me about your guy.

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00:08:09.020 --> 00:08:28.840

Dr. Vecchi: I'm thinking dude. I just did right. I mean, I just laid out everything, and he says, No, no, no, I I don't. I don't mean about his criminal activity and stuff that's needed for the arrest. I want you to tell me about him. Tell me about his, his background. Tell me about you know his his family, his? Does he have kids? What's important to him? What are his values?

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00:08:29.454 --> 00:08:40.939

Dr. Vecchi: What pisses him off? You know what you know, various things like this. And so I'm like, I had no idea what he was getting. App. I said, Okay, whatever. So I gave him the information. The last thing he asked me for was this telephone number?

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00:08:40.950 --> 00:08:44.850

Dr. Vecchi: And I gave it to him, and the guy leaves so

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00:08:44.970 --> 00:09:14.499

Dr. Vecchi: fast forward to the arrest. Right? So now this is very early in the morning. Imagine you seen this on TV. All the the Swat guys are all dressed in black. They're all stacked up and they got their shield. They're gonna kick in the door, and you know. And and right now, you know this point, I'm thinking this could really go bad, because these are Russians. Right? These are these are violent guys. I had every expectation they were gonna put up a fight, but before the door could even be kicked in. He came out on his own with his hands up, and just surrendered with no.

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00:09:14.610 --> 00:09:16.090

Dr. Vecchi: with no problem.

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00:09:16.860 --> 00:09:17.450

Dr. Vecchi: And I'm like.

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00:09:17.450 --> 00:09:18.010

Lisa Taylor-Austin: What happened?

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00:09:18.540 --> 00:09:21.899

Dr. Vecchi: I'm like, what? What? The what was that?

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00:09:21.970 --> 00:09:30.890

Dr. Vecchi: Well, as I found out, that Guy, who I thought was kind of a reject, was actually the host's negotiator, and what he did for me

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00:09:31.040 --> 00:09:35.439

Dr. Vecchi: that in that case is, was magic to me, I said, and I wanted to. I wanted to.

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00:09:35.500 --> 00:09:47.989

Dr. Vecchi: I wanted. I wanted to to be like this guy, right? I wanted to do what he does. I want to learn this. And that was what started my whole negotiation, behavior, analysis, behavioral science, and my focus

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00:09:48.380 --> 00:09:53.079

Dr. Vecchi: of where I of where I've I've landed today through my career with the FBI and whatever

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00:09:53.654 --> 00:09:59.569

Dr. Vecchi: because, you know negotiation right? It's one of those things where you're influencing and persuading

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00:10:00.470 --> 00:10:02.169

Dr. Vecchi: an offender

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00:10:02.500 --> 00:10:10.209

Dr. Vecchi: right in the middle of the crime, right? While he's

committing the crime as a law enforcement officer. I'm engaging him.
And I'm basically

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00:10:10.390 --> 00:10:21.840

Dr. Vecchi: influencing him to not do anything. They actually come out. And about 90% of the cases they do simply because I asked them to. So that's when. So that whole negotiation piece that people know me for.

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00:10:22.542 --> 00:10:29.320

Dr. Vecchi: That's what drove that. And that's what you know. The the results is is, why does that work right? And so.

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00:10:29.330 --> 00:10:33.714

Dr. Vecchi: you know, I wanted to to get better at it right? So

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00:10:34.540 --> 00:10:40.529

Dr. Vecchi: I, you know, got fairly good at it. Got a lot of training and everything like this. But I still couldn't answer. Why did it work? Why does this work?

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00:10:40.750 --> 00:10:53.020

Dr. Vecchi: And so that led me to my my Phd. In conflict resolution? I skipped. I looked at psychology. I looked at you know, some other social science type degrees and things like this. And it didn't really answer

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00:10:53.320 --> 00:11:10.509

Dr. Vecchi: why it worked. But conflict resolution did right. So then all all my trainings and my my books and articles and things in my practice is based on that understanding. And so that's I basically maintain that negotiation position throughout my time in the FBI,

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00:11:10.590 --> 00:11:13.550

Dr. Vecchi: or a number of a couple years or one year.

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00:11:13.650 --> 00:11:21.959

Dr. Vecchi: I was full time negotiator crisis negotiation, and that gave me some access in an international kidnapping, right and and hostage taking

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00:11:21.970 --> 00:11:36.920

Dr. Vecchi: much different. And I I saw some of your questions you want to ask me. I can. I'll I'll I'll detail those later, you know, knowing the difference and get some information on that. And then I had the opportunity then to go in the in the FBI's Behavioral Science unit.

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00:11:37.060 --> 00:11:42.439

Dr. Vecchi: And so I went in there and my focus

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00:11:42.720 --> 00:11:45.199

Dr. Vecchi: because I had a kidnapping

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00:11:45.460 --> 00:11:49.240

Dr. Vecchi: oscar's taking barricaded situation negotiation background.

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00:11:49.611 --> 00:12:05.650

Dr. Vecchi: My emphasis was those was understanding those offenders right? And so then the question is, Well, what do you do in the FBI's behavioral science unit? Right? Well, you know I was there as a, as an agent, as a analyst, as a whatever you want to call assessor, whatever you want to call it.

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00:12:07.137 --> 00:12:28.609

Dr. Vecchi: but what? What? And then became the chief later on I was lucky enough to be put in charge of it. And so we're known for behavioral science units and known for the profiling that's known for the serial killers and and things like this. And that is very you know, unique to them, right? Unique to that unit.

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00:12:29.420 --> 00:12:30.949

Dr. Vecchi: But it also

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00:12:31.990 --> 00:13:01.099

Dr. Vecchi: applies to other offenders right? And so while I was in there, I focused on kidnapers, hostage takers, as far as that being my focus of study, research consultations, investigations was on those folks going into prisons and talking to those people trying to figure out why they do what they do. We had other people going talking about talking to cop killers and cyber hackers and active shooters and active killers, and all these other things right?

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00:13:01.717 --> 00:13:10.240

Dr. Vecchi: And then that information and what makes it unique is an understanding of that offender from their perspective, and using that understanding

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00:13:10.270 --> 00:13:12.360

Dr. Vecchi: and then tying that in with, you know.

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00:13:12.760 --> 00:13:24.229

Dr. Vecchi: human behavior, known human behavior and the specific offense right to to provide value and helping law enforcement. You know. Better investigate better interrogate. Better interview

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00:13:24.625 --> 00:13:31.210

Dr. Vecchi: better be able to deal with that type of offender, because these offenders, although they're all criminals. Okay.

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00:13:31.585 --> 00:13:52.684

Dr. Vecchi: they may be all criminals, but they're not the same, even in terms of types of violence. Which again, I I know you're gonna ask me about later. And so that whole thing you know is is how I got, you know, to that point in in into the FBI. I retired in 2,014, and still continue to do that just in the in the

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00:13:53.350 --> 00:13:54.450

Dr. Vecchi: private sector.

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00:13:55.820 --> 00:13:59.829

Lisa Taylor-Austin: I think, for a lot of people listening. That sounds pretty exciting.

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00:14:01.360 --> 00:14:03.310

Lisa Taylor-Austin: Did it feel that way, too?

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00:14:03.470 --> 00:14:12.449

Dr. Vecchi: Oh, yeah, I I I totally loved it. It was. It was just kind of like, you know. If if I were going to tell you, my, you know the the the time I'm having the best time

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00:14:12.550 --> 00:14:26.220

Dr. Vecchi: is when I'm doing a negotiation in the middle of the time,

in the middle of a barricade situation when there's been lots of violence and potential violence there, and and and you're able to connect with that person and actually convince them and persuade them to

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00:14:26.390 --> 00:14:35.819

Dr. Vecchi: put the gun down and come out and to do that, because I asked him to. And it's really just a different kind of behavioral science or behavioral analysis.

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00:14:35.930 --> 00:14:41.319

Dr. Vecchi: You know, when you look at behavioral analysis and you look at, you know the the different things you can do with it.

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00:14:41.430 --> 00:14:43.950

Dr. Vecchi: This is just a verbal

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00:14:43.990 --> 00:14:46.280

Dr. Vecchi: or a communication aspect

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00:14:46.440 --> 00:14:54.459

Dr. Vecchi: of behavioral analysis versus the more nonverbal stuff you think of when you're thinking of serial killers and crime scenes and things like that.

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00:14:57.330 --> 00:15:07.739

Lisa Taylor-Austin: I never had the opportunity to watch you do it, but I know you're very good at it, because just in when I talk to you. I can kind of hear it in your voice. I think it's just part of who you are.

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00:15:08.113 --> 00:15:20.479

Lisa Taylor-Austin: Not that you're, you know, trying to negotiate me out of any dangerous situation, but I can hear it in your voice that I know that you are just really, really, really, very skilled at that.

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00:15:20.960 --> 00:15:24.609

Dr. Vecchi: No, I love it, I don't. I stood you, but here's a deal

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00:15:24.640 --> 00:15:37.369

Dr. Vecchi: I still don't feel. I know as much as I need to know. It's

just I mean, you just never stop learning. It's like any other expert, I think, you know, if you sit back and say, Oh, yeah, I know everything there is to know. That's probably time to just leave right. Just retire and go off

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00:15:38.190 --> 00:15:39.570

Dr. Vecchi: pasture right.

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00:15:40.220 --> 00:15:43.110

Lisa Taylor-Austin: I want to shift the the topic a little.

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00:15:43.555 --> 00:15:58.350

Lisa Taylor-Austin: In your book. You talk about the differences between expressive violence, instrumental violence, and grievance violence, and I know this is pretty complex. But I'm wondering if if you could kind of summarize that

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00:15:58.510 --> 00:15:59.940

Lisa Taylor-Austin: for people watching.

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00:16:00.230 --> 00:16:00.930

Dr. Vecchi: Sure.

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00:16:01.030 --> 00:16:01.930

Dr. Vecchi: Well.

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00:16:02.400 --> 00:16:05.930

Dr. Vecchi: expressive is another term for emotional

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00:16:06.610 --> 00:16:13.929

Dr. Vecchi: violence. A lot of times. It's without thought, without premeditation. Essentially, it's like reactive violence.

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00:16:14.834 --> 00:16:17.080

Dr. Vecchi: That would be expressive type violence.

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00:16:18.440 --> 00:16:20.720

Dr. Vecchi: when you're talking about instrumental violence.

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00:16:21.880 --> 00:16:29.299

Dr. Vecchi: That is something where there is some sort of planning or premeditation that's involved.

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00:16:29.420 --> 00:16:33.979

Dr. Vecchi: Right. So it's kind of like the difference. If you're thinking of a

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00:16:35.250 --> 00:16:49.800

Dr. Vecchi: a cat, right? You got a you got a cat right, your house cat, and you all of a sudden, you know, do this right? And then goes, and they start scratching, and all the other stuff that is reactive, express and violence.

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00:16:50.500 --> 00:16:51.759

Dr. Vecchi: As an example.

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00:16:51.830 --> 00:16:53.569

Dr. Vecchi: you had that same cat

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00:16:53.670 --> 00:16:55.540

Dr. Vecchi: that is, after the mouse.

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00:16:55.940 --> 00:16:57.690

Dr. Vecchi: That's instrumental violence.

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00:16:58.020 --> 00:17:10.690

Dr. Vecchi: Okay? And when you're talking about grievance violence. Now we're getting into the active killer type person, right? It's it's own unique type of offender. And the grievance violence is

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00:17:10.750 --> 00:17:21.473

Dr. Vecchi: associated with these so called active killers, these types of people. It's predatory. But it's but it's based on

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00:17:22.089 --> 00:17:33.290

Dr. Vecchi: their grievance of feeling feelings of being wronged, feelings, of being persecuted, feelings of maybe significant loss in their life, or even ideology, like terrorism.

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00:17:34.930 --> 00:17:45.198

Lisa Taylor-Austin: So a lot of these active what we use call active shooters, which you're now calling active killers fall into that category. The ones that we've, you know, hear about in the news.

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00:17:45.930 --> 00:17:49.660

Lisa Taylor-Austin: How has that changed at all over the years, or has it.

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00:17:51.240 --> 00:17:52.040

Dr. Vecchi: You know

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00:17:52.220 --> 00:18:00.629

Dr. Vecchi: it's gotten, it's gotten, it's gotten. I think it's gotten more prevalent over the years. If you look at the stats, it's still, it's still rather rare.

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00:18:01.780 --> 00:18:11.200

Dr. Vecchi: I think, in 20 to 2023 stats aren't out but 2022 stats, which is the FBI and Secret Service right? They've got the most accurate stats based on

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00:18:11.800 --> 00:18:17.739

Dr. Vecchi: what they're actually measuring. So first off, when you're looking at, you know. Is it increasing, decreasing?

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00:18:18.066 --> 00:18:26.959

Dr. Vecchi: When someone says a number. Oh, there's been 703 of them, you know, in this year, so far. Well, you gotta really look at it, because

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00:18:27.090 --> 00:18:31.919

Dr. Vecchi: again, it's a it's a very specific form of a fender, a very specific form of violence.

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00:18:32.010 --> 00:18:40.320

Dr. Vecchi: It's not people who are involved in domestic violence. For example, it excludes that it excludes gang violence. Okay, it excludes suicide.

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00:18:40.480 --> 00:18:44.839

Dr. Vecchi: it excludes negligent discharges or just firing a gun right?

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00:18:45.880 --> 00:18:46.740

Dr. Vecchi: The

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00:18:46.760 --> 00:18:53.219

Dr. Vecchi: the weakness of of that definition is the fact that it also excludes anything but guns.

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00:18:53.750 --> 00:19:04.999

Dr. Vecchi: Right? So when you look at active shooter statistics, which is, you don't really. You can't really get active killer statistics. No one tracks them. An active killer statistic is just

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00:19:05.230 --> 00:19:07.979

Dr. Vecchi: the same type of violence, grievance, violence.

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00:19:09.350 --> 00:19:10.199

Dr. Vecchi: done

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00:19:10.830 --> 00:19:13.039

Dr. Vecchi: against someone that ended in their death

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00:19:13.820 --> 00:19:21.730

Dr. Vecchi: right or a casualty, right? And so it could be. You're beating them up with your hands. It could be a knife. It could be a bomb.

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00:19:22.020 --> 00:19:23.180

Dr. Vecchi: It could be

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00:19:23.290 --> 00:19:41.629

Dr. Vecchi: a gun right? It all. It's all the same, because it's just the the different tool. The problem is is that we only we only track or the FBI only tracks, because that's all they have. The ability to do is track active shooters. So you're limiting yourself, for example, if you're talking about school violence

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00:19:41.740 --> 00:19:46.949

Dr. Vecchi: about. And about 60% of the kids in K through 12, that that

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00:19:47.518 --> 00:19:53.970

Dr. Vecchi: engage in this tor. This type of violence. 60% use guns, 40%. Don't they use knives?

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00:19:54.210 --> 00:20:12.829

Dr. Vecchi: Right? So you gotta realize that. That's that's a limitation. But you have to just understand that. So when, if you're looking at a statistic. And you're looking at numbers like you're asking, is it? You know? Has it changed over the years? Well, you have to look also, is well, are we? Are we? Are we looking? Are we comparing apples to apples?

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00:20:12.870 --> 00:20:17.299

Dr. Vecchi: And so when you're comparing apples to apples on this, so to speak, it's going to be

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00:20:17.913 --> 00:20:18.999

Dr. Vecchi: you know.

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00:20:19.150 --> 00:20:21.639

Dr. Vecchi: premeditated grievance-based violence.

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00:20:21.850 --> 00:20:26.579

Dr. Vecchi: Okay? And it's going to be done. That's done with a gun. So when you're looking at that.

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00:20:26.960 --> 00:20:30.530

Dr. Vecchi: there has been an increase of that over time.

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00:20:30.700 --> 00:20:37.329

Dr. Vecchi: not a whole lot, if you really look at it. And I don't mean to make light of it in any way.

143

00:20:37.660 --> 00:20:41.229

Dr. Vecchi: but the numbers is 2022. There are 50

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00:20:41.450 --> 00:20:46.200

Dr. Vecchi: in the entire United States. There are only 50 that qualify as as true active shooters

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00:20:46.360 --> 00:20:52.100

Dr. Vecchi: that relate specifically to that type of violence and that type of offender. And that's across

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00:20:52.450 --> 00:20:55.510

Dr. Vecchi: all venues, open air, public

147

00:20:56.030 --> 00:20:57.070

Dr. Vecchi: business.

148

00:20:57.300 --> 00:20:58.600

Dr. Vecchi: K. Through 12

149

00:20:59.140 --> 00:21:01.400

Dr. Vecchi: universities. Churches.

150

00:21:01.917 --> 00:21:12.719

Dr. Vecchi: There's a list of them, right? All those environments. So there are only 50. Okay, now, is there been an increase? There's been a fairly steady increase. So the question is, why?

151

00:21:12.990 --> 00:21:17.360

Dr. Vecchi: Well, a lot of it has to do with the 24 h new cycle.

152

00:21:18.210 --> 00:21:21.969

Dr. Vecchi: the this focus on the offender and social media.

153

00:21:22.270 --> 00:21:26.600

Dr. Vecchi: Okay? And also, I think, just a lack

154

00:21:26.860 --> 00:21:28.240

Dr. Vecchi: of

155

00:21:29.040 --> 00:21:34.240

Dr. Vecchi: family support, lack of a nuclear family not having a dad not having.

156

00:21:34.280 --> 00:21:39.300

Dr. Vecchi: you know, all all the stuff that has changed radically over the last 50 years.

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00:21:42.010 --> 00:21:47.070

Lisa Taylor-Austin: Have you found that active killers have more mental illness?

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00:21:47.756 --> 00:21:50.240

Lisa Taylor-Austin: Or have you found that

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00:21:50.430 --> 00:21:55.870

Lisa Taylor-Austin: some of these active killers don't have any real mental illness at all.

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00:21:56.060 --> 00:21:58.273

Dr. Vecchi: You know it's it's a mixed bag.

161

00:21:59.490 --> 00:22:04.990

Dr. Vecchi: One of one of the I mean, if you look at any statist, I think the the the statistic I've seen.

162

00:22:06.200 --> 00:22:14.999

Dr. Vecchi: as far as that goes is about the worst I've seen. Put it this way. The worst I've seen statistically, just generally across all active killers is about

163

00:22:15.240 --> 00:22:18.724

Dr. Vecchi: maybe 60% have got some sort of

164

00:22:19.320 --> 00:22:26.729

Dr. Vecchi: mood, disorder, mental illness, personality, disorder, whatever it is, which means that 40% don't. And

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00:22:26.760 --> 00:22:28.919

Dr. Vecchi: do you use the

166

00:22:29.250 --> 00:22:33.280

Dr. Vecchi: mental illness is a metric, for this is is false.

167

00:22:33.760 --> 00:22:37.719

Dr. Vecchi: there it mental illness is not correlated to this at all.

168

00:22:37.830 --> 00:22:47.889

Dr. Vecchi: Okay, in terms of threat, assessment and looking and determining a threat level, and whether or not this person is truly a threat or not.

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00:22:48.918 --> 00:22:53.540

Dr. Vecchi: And now the question is, though, is okay, is it important? Of course it's important.

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00:22:53.820 --> 00:22:55.859

Dr. Vecchi: What mental illness will do

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00:22:55.880 --> 00:23:02.349

Dr. Vecchi: is we consider it, or I consider it a threat enhancer or an indirect behavior.

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00:23:02.830 --> 00:23:07.870

Dr. Vecchi: So you have to kind of. When you answer that question, you kind of have to step back and say, Okay.

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00:23:07.970 --> 00:23:17.410

Dr. Vecchi: well, what happens when or what are the stages of the steps that an active killer goes through. Okay? Well, first off, they have to be

174

00:23:17.570 --> 00:23:18.610

Dr. Vecchi: on this

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00:23:19.450 --> 00:23:28.309

Dr. Vecchi: plan. Lethal violence track or this pathway to violence. It's basically you can label it. What you want pathway to violence is probably the most common one out there.

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00:23:28.900 --> 00:23:31.889

Dr. Vecchi: The pathway to violence for these offenders

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00:23:32.020 --> 00:23:33.420

Dr. Vecchi: means that

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00:23:33.560 --> 00:23:34.490

Dr. Vecchi: there's a.

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00:23:34.490 --> 00:23:35.230

Lisa Taylor-Austin: Bye.

180

00:23:35.230 --> 00:23:37.270

Dr. Vecchi: Grievance or crisis

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00:23:37.670 --> 00:23:39.519

Dr. Vecchi: that happens in their lives

182

00:23:39.790 --> 00:23:41.670

Dr. Vecchi: that exceeds

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00:23:41.730 --> 00:23:43.230

Dr. Vecchi: their ability to cope

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00:23:43.440 --> 00:23:50.999

Dr. Vecchi: with the situation. And for whatever reason, maybe they've tried, maybe they haven't, but they believe from their perspective that

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00:23:51.840 --> 00:23:52.980

Dr. Vecchi: they

186

00:23:53.410 --> 00:23:55.960

Dr. Vecchi: can't deal with it, and no one's there to help them.

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00:23:56.210 --> 00:24:02.809

Dr. Vecchi: The problem is, as you know, as a clinician, right? If a crisis is not dealt with, it only gets worse.

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00:24:02.910 --> 00:24:05.330

Dr. Vecchi: Okay? And it's no different with these people.

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00:24:05.600 --> 00:24:09.080

Dr. Vecchi: And so if you have someone who's in crisis

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00:24:09.400 --> 00:24:11.270

Dr. Vecchi: and it's not dealt with.

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00:24:11.510 --> 00:24:20.670

Dr. Vecchi: Then the next stage is violent ideation or intent, and that's when they decide that look. I've tried everything. I still can't take it. No one's helping me.

192

00:24:20.950 --> 00:24:28.490

Dr. Vecchi: Violence becomes the answer. And then there's a decision made to be violent against the person who's causing the grievance. Okay.

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00:24:29.700 --> 00:24:34.730

Dr. Vecchi: again, it's driven by the crisis. Right? So if if the crisis isn't dealt with

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00:24:34.770 --> 00:24:39.159

Dr. Vecchi: and that person isn't dealt with, then they'll move on to the third stage.

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00:24:39.410 --> 00:24:41.259

Dr. Vecchi: which is research and planning.

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00:24:41.360 --> 00:24:59.380

Dr. Vecchi: And they're gonna go in and look at previous attacks. If you're K through 12, you'll find on their Internet search that that the columbine is probably the most researched. How to video. If you're a university shooter, you're probably gonna go to Cho on of the Virginia tech shooting right?

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00:24:59.791 --> 00:25:08.399

Dr. Vecchi: But they'll look at previous attackers. They'll look at previous legacy tokens things that previous attackers have left behind like

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00:25:08.910 --> 00:25:16.600

Dr. Vecchi: manifestos or just reasons why they did it. It could be video. It could be photos. It could be, you know, things written down.

199

00:25:16.670 --> 00:25:18.710

Dr. Vecchi: They're going to research.

200

00:25:19.172 --> 00:25:28.879

Dr. Vecchi: What guns? What can I get right? Can I get a gun if I can't get a gun? What else could I get? And you know that kind of ties into the other. The other problem.

201

00:25:30.042 --> 00:25:33.667

Dr. Vecchi: When you're focusing on mental illness as a as a as a

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00:25:34.260 --> 00:25:36.239

Dr. Vecchi: reason for this right?

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00:25:36.694 --> 00:25:40.139

Dr. Vecchi: Guns aren't either. Guns are just. They're again. They're enhancers.

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00:25:40.240 --> 00:26:05.559

Dr. Vecchi: but they're not the reason right? And and so, beginning back to the pathway, you got your grievance and fatal grievance and and and crisis. You got your violin ideation and intent. You got your research and planning. The crisis isn't dealt with. After that. Then they're gonna go for preparation and optimization. What that means is they get the guns or the knives, whatever they're gonna use. They get the maps of the school. They they create kill lists and hit lists, and

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00:26:05.560 --> 00:26:14.597

Dr. Vecchi: you know, whatever else they get to, they get the schedule of their target. When are they there. Where's their office? Where are they located? Where they? Where do they park outside?

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00:26:15.000 --> 00:26:17.510

Dr. Vecchi: And then they'll may maybe do dry runs

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00:26:17.720 --> 00:26:25.500

Dr. Vecchi: to test things right. Know where the cameras are things like that. And then, again, if the crisis is dealt with, then we have

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00:26:25.530 --> 00:26:32.409

Dr. Vecchi: the transition to the breaching and the attacking, and at that point we're in a response mode. It's no longer a prevention thing. So

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00:26:32.570 --> 00:26:34.669

Dr. Vecchi: you first have to understand that

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00:26:34.770 --> 00:26:42.800

Dr. Vecchi: to understand these offenders you have to first understand that these are grievance predators, and these grievance predators go through those steps every single time.

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00:26:43.040 --> 00:26:46.019

Dr. Vecchi: Now the context changes a little bit. Certainly.

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00:26:46.586 --> 00:26:56.409

Dr. Vecchi: The methods might change a little bit, but regardless if it's a kid or an elderly person, and we've seen the whole gamut they're going to go through these same stages.

213

00:26:56.790 --> 00:26:59.020

Dr. Vecchi: Now, when you're talking about mental illness.

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00:26:59.130 --> 00:27:02.080

Dr. Vecchi: Okay, that is not one of those stages.

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00:27:02.690 --> 00:27:05.859

Dr. Vecchi: but it can be a threat enhancer. And here's how it could work.

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00:27:06.250 --> 00:27:16.750

Dr. Vecchi: So let's say, someone had some aspect of psychosis. Okay, they they were. They're suffering from delusions or hallucinations. For example, okay?

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00:27:17.000 --> 00:27:27.979

Dr. Vecchi: And you have to realize that that you know this type of a is a grievance predators which a grievance. So they go to school. They go to work. It's a it's a it's a workplace. They go to work.

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00:27:28.080 --> 00:27:31.539

Dr. Vecchi: and they think that this person is after them.

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00:27:31.810 --> 00:27:39.729

Dr. Vecchi: and they think that person works for the CIA, and they think that that person is planning to assassinate them.

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00:27:40.870 --> 00:27:51.639

Dr. Vecchi: Well, if you understand delusions and hallucinations, they're real. They are real things to those purple people experiencing them right. You can't talk them out of it. So that is their reality.

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00:27:52.100 --> 00:28:00.159

Dr. Vecchi: But here's the deal. It's still a grievance, and becomes a fatal grievance, and that's the difference, right? Is that it's a perception or a filtering problem

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00:28:00.190 --> 00:28:04.320

Dr. Vecchi: that mental illness has on these killers. Not that it's a reason.

223

00:28:04.460 --> 00:28:13.200

Dr. Vecchi: and then I'll take it a step further. We talked about guns right? Taking guns away is not going to change their desire to kill.

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00:28:13.270 --> 00:28:15.130

Dr. Vecchi: It's going to enhance

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00:28:15.340 --> 00:28:32.159

Dr. Vecchi: their ability to kill. Certainly, I mean just as as you as you well know. I mean, if I were going to advise someone on how to kill someone, I would the first and foremost say, get a, you know. Get a rifle with lots of Max, and go to the range and learn how to use it. You're certainly going to do more damage with that than you will with knife.

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00:28:32.190 --> 00:28:39.950

Dr. Vecchi: or if you're trying to run someone over in the parking lot. But here's the problem with threat assessment. If you're planning for the gun, you're going to miss the knife.

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00:28:40.730 --> 00:28:42.379

Dr. Vecchi: Okay, you're gonna miss

228

00:28:42.630 --> 00:28:50.019

Dr. Vecchi: the person who's gonna run somebody over in a parking lot. You're gonna miss those those that evidence, right or those indicators, right?

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00:28:50.610 --> 00:28:57.510

Dr. Vecchi: And so you want to step back and look at it, you know kind of holistically from the standpoint, is the person actually on the pathway.

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00:28:57.530 --> 00:28:59.720

Dr. Vecchi: and if they are, where are they?

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00:28:59.990 --> 00:29:04.309

Dr. Vecchi: And wherever they are, dictates what you do next in terms of

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00:29:04.623 --> 00:29:22.740

Dr. Vecchi: the the escalation, what you want to call it threat level 0 1, 2, 3, 4, 5, whatever you want to call it, or you want to call it low, moderate, high, eminent, whatever you want to call it. And then what does that mean in terms of your interventions? Right, because what happens is that your golden hour, or your golden time to

233

00:29:23.584 --> 00:29:28.400

Dr. Vecchi: stop this or prevent it on this, on this pathway, is the first 2.

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00:29:28.490 --> 00:29:40.629

Dr. Vecchi: It's the. It's the grievance crisis. While an ideation stage, if you let it go to research and planning and preparation, the time compresses, and it's much harder to convince that person not to commit violence.

235

00:29:43.570 --> 00:29:48.589

Lisa Taylor-Austin: It's so interesting to hear about the mental illness piece, because I think

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00:29:49.529 --> 00:29:58.640

Lisa Taylor-Austin: society in general, here's about these types of killings on the news, and automatically thinks to themselves, well, this person must be mentally ill

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00:29:59.030 --> 00:30:01.549

Lisa Taylor-Austin: and have some type of a diagnosis.

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00:30:01.810 --> 00:30:07.079

Dr. Vecchi: Yeah, absolutely. Yeah. Everybody's trying to diagnose. It's not about diagnosing anything. It's about looking at the behavior.

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00:30:08.140 --> 00:30:12.879

Lisa Taylor-Austin: Thank you for that. That's that's, I think, a really important thing for people to know.

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00:30:13.200 --> 00:30:14.100

Dr. Vecchi: Thank you. Yep.

241

00:30:15.860 --> 00:30:21.069

Lisa Taylor-Austin: I wanna kind of shift gears here to domestic violence, because that's different

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00:30:21.120 --> 00:30:23.280

Lisa Taylor-Austin: than what you were just talking about.

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00:30:23.773 --> 00:30:31.759

Lisa Taylor-Austin: So we hear about and see about on the news. People who maybe take their own family hostage.

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00:30:32.230 --> 00:30:33.750

Lisa Taylor-Austin: kill all of them.

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00:30:34.220 --> 00:30:37.300

Lisa Taylor-Austin: and not always, but sometimes kill themselves.

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00:30:40.480 --> 00:30:43.229

Lisa Taylor-Austin: kind of what's the psychology behind that

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00:30:43.860 --> 00:30:52.079

Lisa Taylor-Austin: and that involve mental illness? Or do you think that involves more of rage or control, or something like of that nature.

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00:30:52.080 --> 00:30:56.709

Dr. Vecchi: You know, a. A. Again, here's a deal. People typically people who are mentally or not violent

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00:30:57.410 --> 00:31:23.550

Dr. Vecchi: most are not. It's just a fact. Some are obviously. And you know, if they have multiple problems going on and then starting into personality disorders and things like that, like any social and narcissism. And some of these other ones that I know. I know you're gonna touch on later in the interview. You know. Certainly that that adds potential. You know danger and things like this. But it's still just, you know, kinda understanding. You know what? What's driving it. Okay, it could be grievance

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00:31:24.270 --> 00:31:26.699

Dr. Vecchi: a lot of times. It's just

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00:31:27.450 --> 00:31:28.890

Dr. Vecchi: power and control

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00:31:30.070 --> 00:31:38.129

Dr. Vecchi: and the power and control. We see a lot in domestic violence. It's like, you know your mind. You can't be anyone else's right

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00:31:38.330 --> 00:31:55.880

Dr. Vecchi: and tied to that is a lot of times low self esteem a lot of times, that is, narcissism or any source personality disorder. Sometimes it's just manipulative. You know. Usually it's it's basically very self centered

254

00:31:56.816 --> 00:32:03.669

Dr. Vecchi: behavior. And it's violence is used to have power control over somebody else. For whatever reason it might be a grievance.

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00:32:03.720 --> 00:32:20.809

Dr. Vecchi: it might just be cause. They just like to control people. They like to control their wife, their girlfriend, and you know it works both ways. You know, women can be domestic violently against, you know, their male partners, and it doesn't really matter. It it exists on on both sides. I think the other thing is is that

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00:32:21.400 --> 00:32:27.879

Dr. Vecchi: as the victim of domestic violence, you're isolated right? And when you're isolated.

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00:32:29.243 --> 00:32:32.059

Dr. Vecchi: then you're more easily influenced.

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00:32:32.510 --> 00:32:37.018

Dr. Vecchi: and when you're isolated you fall prey to that.

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00:32:37.720 --> 00:32:42.709

Dr. Vecchi: You know the the bad or women's syndrome, right? Which is a real thing right? It's like

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00:32:42.810 --> 00:32:44.359

Dr. Vecchi: he treats me like crap.

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00:32:44.500 --> 00:32:45.640

Dr. Vecchi: and then

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00:32:45.760 --> 00:32:50.000

Dr. Vecchi: when it gets so bad I'm ready to leave him. He gets flowers, and he's really nice.

263

00:32:50.190 --> 00:32:56.213

Dr. Vecchi: And then we go down that road again, and it gives this. It builds almost this

264

00:32:56.620 --> 00:32:58.540

Dr. Vecchi: very unhealthy

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00:32:58.892 --> 00:33:09.540

Dr. Vecchi: psychological dependence on them. Right? And that's what you have to break when you're doing. You know, counseling with these people you talk to these people is, you know, to realize that

266

00:33:09.680 --> 00:33:28.000

Dr. Vecchi: you got you've got power, you got much more power and control than you think you do. But what happens is anyone who's isolated and who's been, you know, treated in the manner that you're treated. And and you know, controlling guys bigger, he's more powerful. He's manipulative. He plays games. He gaslights you

267

00:33:28.593 --> 00:33:34.549

Dr. Vecchi: you know. He denies when he does something wrong, and, you know, gets angry because you point things out.

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00:33:35.078 --> 00:33:37.649

Dr. Vecchi: It's very selfish. It's very controlling.

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00:33:38.235 --> 00:33:41.000

Dr. Vecchi: It's just it's just power, power, and control.

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00:33:41.500 --> 00:33:52.349

Dr. Vecchi: mixed in with some grievance, and then and then isolating that person. And then, you know, establishing, you know, dominance and control through this perception

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00:33:52.610 --> 00:33:53.170

Dr. Vecchi: of

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00:33:53.750 --> 00:33:54.910

Dr. Vecchi: of

273

00:33:55.000 --> 00:33:56.300

Dr. Vecchi: dependency.

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00:33:56.490 --> 00:33:59.140

Dr. Vecchi: which is, which is a perception. It's not even real.

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00:34:00.270 --> 00:34:09.070

Dr. Vecchi: But then they realize that they don't work. And they all this other stuff right? So now he's got the money and he's got, and all these other things, and what it does is just beats them down.

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00:34:09.460 --> 00:34:12.719

Dr. Vecchi: and it's it's it's an awful terrible place to be.

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00:34:13.050 --> 00:34:15.520

Dr. Vecchi: and you know, and sometimes, when

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00:34:16.225 --> 00:34:17.880

Dr. Vecchi: you know, you add, you know.

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00:34:18.520 --> 00:34:19.750

Dr. Vecchi: drug abuse.

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00:34:19.820 --> 00:34:21.290

Dr. Vecchi: alcohol abuse.

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00:34:21.440 --> 00:34:28.189

Dr. Vecchi: you add personality just orders to that. It can rise to the level of an actual

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00:34:28.480 --> 00:34:34.119

Dr. Vecchi: hostage type, taking right barricaded situation. That's basically a homicide to be.

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00:34:34.280 --> 00:34:36.389

Dr. Vecchi: And then then then you get your.

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00:34:36.590 --> 00:34:44.250

Dr. Vecchi: You know we're we're that with the victim very well may be killed as and another guy may or may not take his life. Often they do.

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00:34:45.780 --> 00:34:54.290

Lisa Taylor-Austin: Sometimes we see the Stockholm Syndrome, where the abuse person actually has empathy for the abuser.

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00:34:54.449 --> 00:35:00.309

Lisa Taylor-Austin: And you know you talked about that cycle which is very common in narcissism.

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00:35:00.650 --> 00:35:04.429

Lisa Taylor-Austin: where you know narcissists love bomb and then

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00:35:04.700 --> 00:35:15.940

Lisa Taylor-Austin: devalue, and then ultimately discard. And and what many people don't know is you can be discarded, even if you're living with the narcissist, and they continue to live with you.

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00:35:16.357 --> 00:35:19.479

Lisa Taylor-Austin: And then they start that cycle all over again.

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00:35:20.348 --> 00:35:28.130

Lisa Taylor-Austin: Do you have any thoughts? I think. Oftentimes people confuse narcissism and antisocial personality disorder.

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00:35:28.320 --> 00:35:32.489

Lisa Taylor-Austin: and they look the same, but their motivation is different.

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00:35:32.990 --> 00:35:36.300

Lisa Taylor-Austin: Do you have any thoughts about. I don't know

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00:35:36.350 --> 00:35:38.610

Lisa Taylor-Austin: really what I want to ask about that, but maybe.

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00:35:38.610 --> 00:35:39.500

Dr. Vecchi: Yeah, do you?

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00:35:39.500 --> 00:35:42.099

Lisa Taylor-Austin: Thoughts about like the difference between those 2.

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00:35:42.100 --> 00:35:53.380

Dr. Vecchi: Yeah, I mean, here's I mean, here's the deal, you know in in my world, in in terms of of law enforcement, in terms of gaining

compliance in person of, you know self preservation.

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00:35:53.500 --> 00:35:54.713

Dr. Vecchi: you know.

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00:35:55.510 --> 00:36:02.329

Dr. Vecchi: You know how to how to deal with these people. You know how to give advice on people that are in these situations. Stuff like this.

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00:36:02.490 --> 00:36:11.860

Dr. Vecchi: We look, we. We look at it from the standpoint of operational psychology versus clinical psychology. First of all, there's a difference. Okay, clinical psychology.

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00:36:12.100 --> 00:36:13.740

Dr. Vecchi: The the purpose

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00:36:14.090 --> 00:36:15.469

Dr. Vecchi: is to

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00:36:15.560 --> 00:36:17.539

Dr. Vecchi: help that person who

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00:36:17.850 --> 00:36:21.690

Dr. Vecchi: is the problem, right? The narcissist, the

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00:36:22.141 --> 00:36:27.439

Dr. Vecchi: any source personality, Guy, the person who is psychotic as schizophrenia, or whatever else like this.

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00:36:27.470 --> 00:36:35.869

Dr. Vecchi: And so you go to that old Dsm 5. Manual right? And you look it up right? You look up the features right? You look up the characteristics. And as you said.

306

00:36:35.960 --> 00:36:39.409

Dr. Vecchi: you know, they're they're they're very similar, but they're different.

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00:36:40.453 --> 00:36:41.920

Dr. Vecchi: The focus

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00:36:42.020 --> 00:36:45.469

Dr. Vecchi: for me is not so much on the diagnosis. I don't

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00:36:45.520 --> 00:36:56.740

Dr. Vecchi: doesn't really matter what the diagnosis is. But you use the diagnosis criteria to help you negotiation. Okay? And that's the difference. So for a a clinical psychologist.

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00:36:57.100 --> 00:37:00.870

Dr. Vecchi: a counselor, a social worker, whoever it is.

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00:37:01.130 --> 00:37:08.330

Dr. Vecchi: their use of the diagnosis is to provide a diagnosis of prognosis and then manage that person.

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00:37:08.670 --> 00:37:15.039

Dr. Vecchi: Right? Okay? And so it's about, it's about, you know, intervening with that person to help them.

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00:37:15.430 --> 00:37:21.379

Dr. Vecchi: Be less of a problem. Right? Essentially right? Okay? And tried to, you know, manage their situation.

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00:37:21.690 --> 00:37:23.670

Dr. Vecchi: use drugs if necessary. Whatever

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00:37:23.790 --> 00:37:27.249

Dr. Vecchi: the operational psychology approach is much different.

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00:37:27.320 --> 00:37:33.200

Dr. Vecchi: And it's more, it's more geared toward identify incurring and engaging.

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00:37:34.258 --> 00:37:38.440

Dr. Vecchi: The problem, or the or the person who has.

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00:37:38.720 --> 00:38:05.789

Dr. Vecchi: Maybe this diagnosis, right? So we're not never. So we never, from the standpoint, say, oh, I'm dealing with Ansel personnel disorder. I'm dealing with a we never do any sort of diagnosis diagnosis doesn't matter. It's it's what's going on the moment. Right? How do you negotiate? How do you? How do you communicate with that person? How do you keep somebody else's living with a person like that. How to deal with that person? Right? Using, you know, the negotiation and the anti manipulation strategies and things like that right?

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00:38:06.241 --> 00:38:14.690

Dr. Vecchi: The thing you have to realize that th the biggest distinction, in my opinion, I mean, I mean, they look very much the same. They're both very self centered.

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00:38:14.870 --> 00:38:20.289

Dr. Vecchi: Their favorite words are, I, me and my, okay, you know, and

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00:38:20.420 --> 00:38:36.380

Dr. Vecchi: they don't have a lot of remorse in terms of hurting people. They don't really feel bad about it. That's kind of common between. I would probably say that the thing that's makes the the antisocial person is sort of the psychopath associated pathway, everyone call them makes them

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00:38:36.410 --> 00:38:41.579

Dr. Vecchi: much worse than a narcissist is the fact that they are typically more aggressive.

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00:38:41.830 --> 00:38:45.738

Dr. Vecchi: Okay? And they are.

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00:38:47.110 --> 00:38:50.719

Dr. Vecchi: they react very quickly. They don't think about it right?

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00:38:50.760 --> 00:38:56.369

Dr. Vecchi: They're impulsive. So I would say, the impulsivity and the aggression is really

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00:38:56.760 --> 00:39:00.460

Dr. Vecchi: the signaling point, and also the point that makes them much dangerous.

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00:39:01.053 --> 00:39:10.870

Dr. Vecchi: So if I'm dealing with someone who is difficult now, you know now, anyone could be dangerous, certainly, but you know the narcissist is very difficult.

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00:39:11.100 --> 00:39:31.900

Dr. Vecchi: You know. He's a jerk. He's manipulative, you know. He's gonna try to control you, and he's but the basis is is that he's got a problem deep inside. He can't. He doesn't like to be told anything that's gonna be critical of him, and things like this, and the A and the anti social disorder is probably very similar. The difference is is that

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00:39:32.296 --> 00:39:50.280

Dr. Vecchi: he'll become very impulsive, and be quicker to violence off more often than you. Then you see in the in the narcissist, but they look almost identically the same, and I would be looking at, you know, as far as looking at threat level, and as far as looking at dangerousness indicators of aggressiveness

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00:39:50.370 --> 00:39:53.700

Dr. Vecchi: and actual threats, either. That's a direct threat.

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00:39:53.820 --> 00:39:56.629

Dr. Vecchi: An indirect threat availed threat.

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00:39:56.840 --> 00:40:00.240

Dr. Vecchi: additional threat. You know various threats like this.

333

00:40:00.712 --> 00:40:05.539

Dr. Vecchi: Because that's where the real danger is. You know, there's there's psychological

334

00:40:05.640 --> 00:40:06.890

Dr. Vecchi: trauma.

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00:40:07.528 --> 00:40:17.200

Dr. Vecchi: Certainly with a with a narcissist. Narc narcissist can be violent. Okay, but the any social personality disorder is kind of like it's it's own unique animal.

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00:40:18.050 --> 00:40:23.629

Dr. Vecchi: You know, a psychopath which is the worst worst part of that right to real extreme guy. Right?

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00:40:25.050 --> 00:40:32.129

Dr. Vecchi: You know, I I think maybe 2 to 3% of the population is actually diagnosable as that. Yet

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00:40:32.490 --> 00:40:37.150

Dr. Vecchi: they they are. They're responsible for more than 40% of the cop killings. For example.

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00:40:37.550 --> 00:40:39.579

Dr. Vecchi: they're drawn to gangs.

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00:40:39.690 --> 00:41:04.659

Dr. Vecchi: Right? You're gonna have higher percentage and gangs. You have a higher percentage in the prison population, right? Of those types of people. And so, you know, it's kind of one of those things for me, I mean from a from a counselor or diagnosis perspective. I think it's important to really be able to to, to understand the difference, because the treatment is going to be obviously different. Right? It's going to be a different approach.

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00:41:05.330 --> 00:41:09.730

Dr. Vecchi: But the deal is you're trying to help them with their problem. I don't care about their problem

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00:41:09.870 --> 00:41:22.759

Dr. Vecchi: when I'm negotiating with them. I'm caring about my safety or teaching someone else for their safety, and what to look for in terms of the behaviors. And when you start looking at someone who is impulsive and is is aggressive.

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00:41:22.760 --> 00:41:51.030

Dr. Vecchi: Those are the indicators we're looking at to to deal with. Rather, you know, that's, you know, de escalation and doing it from a more of a tactical negotiation perspective where you you act like

you're learning from them, and they're a big deal, and you give compliments. You stroke your ego right? And you know, and you get out based on that. Or you know physical things that you at some point, you know, reattach behaviors and things like this. That they're gonna require more of a of a physical thing like getting out of there

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00:41:51.651 --> 00:42:11.170

Dr. Vecchi: or going and calling the police, or, you know, whatever whatever amounts to. So yeah, I I would say that. You know they're they're 2 different. They're 2 different disorders. Obviously they're not the same disorder. I would say, though from experience, the psychopath or the any source persona disorder, or the kid of conduct disorder. Or you wanna call it right? It's all the same.

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00:42:11.907 --> 00:42:14.092

Dr. Vecchi: In terms of the behavior.

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00:42:14.790 --> 00:42:19.470

Dr. Vecchi: is much more dangerous from a standpoint of aggressiveness and impulsivity.

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00:42:21.410 --> 00:42:30.949

Lisa Taylor-Austin: Yeah, I definitely agree. You know, I'm I'm in a few online forums where people are talking about narcissism.

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00:42:31.000 --> 00:42:32.200

Lisa Taylor-Austin: And

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00:42:33.030 --> 00:42:36.419

Lisa Taylor-Austin: I think that many people

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00:42:36.880 --> 00:42:44.469

Lisa Taylor-Austin: don't see the early warning signs. It's like all of a sudden, when the when the narcissist gets

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00:42:44.590 --> 00:42:51.996

Lisa Taylor-Austin: into a narcissistic range or becomes verbally or even physically

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00:42:52.700 --> 00:42:57.829

Lisa Taylor-Austin: more more threatening. Then it's like, Oh, I'm in

a bad situation.

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00:42:59.180 --> 00:43:09.750

Lisa Taylor-Austin: So what would you give as advice to people who might be in these situations in terms of what do they need to be looking for earlier.

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00:43:10.390 --> 00:43:17.769

Dr. Vecchi: Well, I I think it's, you know, like like you had said. You know, I mean, you just said it perfectly. I think one of the things that we do is we make excuses for people.

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00:43:18.850 --> 00:43:23.860

Dr. Vecchi: and we have to have clear boundaries and a clear, clear threshold

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00:43:24.310 --> 00:43:25.890

Dr. Vecchi: that when you sense?

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00:43:26.890 --> 00:43:39.849

Dr. Vecchi: Someone trying to be aggressive or being more passive, aggressive kind of, or whatever they get that you either call them on it, or you deal with it sooner than letting it go, because

358

00:43:39.880 --> 00:43:51.310

Dr. Vecchi: they like to play the game, both of them. Okay, they will. Always. They're like they're like kids that want to see what they can get away with, and the more you let them get away with, and the more aggressive and the more dangerous they become.

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00:43:51.550 --> 00:44:13.170

Dr. Vecchi: And I think that you know one of the the best advice is I could give to someone is, trust your spidey sense. Right? Yeah, you may not be able to explain exactly what th that it's a threat you may not understand, you know. Listen, or or you know, indirect threats or veiled threats, you know, and and all that cause. That's very technical.

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00:44:13.180 --> 00:44:15.599

Dr. Vecchi: but it sounds or feels like a threat

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00:44:15.800 --> 00:44:19.469

Dr. Vecchi: if you sense. Here's the deal. If you sense any threat

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00:44:20.030 --> 00:44:23.710

Dr. Vecchi: to your physical, emotional, or psychological wellbeing.

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00:44:23.790 --> 00:44:28.840

Dr. Vecchi: and your body will tell you that your body knows that before you know it. Okay.

364

00:44:29.418 --> 00:44:30.890

Dr. Vecchi: this goes back to

365

00:44:31.200 --> 00:44:41.899

Dr. Vecchi: caveman days when we used to be on the menu. Right? Okay. And and if you're on the menu just like the deer, you see deer all the time perfect example. They are heightened

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00:44:42.050 --> 00:44:43.000

Dr. Vecchi: sense.

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00:44:43.130 --> 00:45:09.154

Dr. Vecchi: you know, and they are going to react. And they react based on their instinct. Well, we have that instinct, too, but we oftentimes try to justify. Oh, it couldn't have been that. You see this with the active, active shooters, active killers also, you know, you hear a gunshot. They don't believe it's gunshot. Oh, can't! That couldn't be a gunshot! Alright! Maybe I just. I'm sure it's a firecracker. Oh, it's it's nothing right. You just miss it. That's human nature. And I think that happens.

368

00:45:09.550 --> 00:45:32.610

Dr. Vecchi: you know, when you're when you're in domestic violence situations cause typically it's a relationship where you at least at on some level, or at least at the beginning. You guys were friends, maybe your lovers. Maybe you know you love the person, and if you love the person and he's manipulating you and kind of sucking you in slowly, day by day, you don't really even realize it right. Those emotional predators, right? Happens all the time. Right?

369

00:45:32.630 --> 00:45:46.110

Dr. Vecchi: But you look at things like, are they trying to isolate

you? Are they, you know. Do they really share my values? Are they saying stuff that goes against? You know what your values are, what you believe or what you hope for in the relationship?

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00:45:46.469 --> 00:45:57.839

Dr. Vecchi: And oftentimes just because their fear of losing that person. And again it, it falls into that almost like that, that syndrome right where they feel isolated. And then it's like, Well, I have to make this work.

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00:45:58.250 --> 00:46:00.260

Dr. Vecchi: Well, this is, you don't have to make this work.

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00:46:00.410 --> 00:46:08.640

Dr. Vecchi: you know, and and I think that probably the the best advice is, listen to your senses. When you send something, call them out on it.

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00:46:09.010 --> 00:46:17.289

Dr. Vecchi: and if you can't call up, call them out on it, then get out of there before it becomes dangerous. Get help! Get someone to talk to someone to be your advocate.

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00:46:17.678 --> 00:46:19.569

Dr. Vecchi: Get out of that situation

375

00:46:19.590 --> 00:46:23.699

Dr. Vecchi: because that's that's a loop in a cycle. It's a power control cycle

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00:46:24.010 --> 00:46:31.299

Dr. Vecchi: that they love. It's a game, and they want you to stay with them because they want to continue to play the game. And that's not love.

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00:46:31.510 --> 00:46:48.540

Dr. Vecchi: I don't care how much you love them. That's not love, and that's not a relationship. And I just think that people don't react quickly enough to it. They don't listen to their own, their own feelings, their own that that, like I said that spidey sense of you know this, that this there's something wrong here.

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00:46:48.610 --> 00:46:51.670

Dr. Vecchi: Well, don't ignore that something wrong. Look at it.

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00:46:52.145 --> 00:47:00.539

Dr. Vecchi: and there's nothing wrong with just separating and and and getting out from that isolation, and then reestablishing later, or just reassessing what's going on.

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00:47:01.470 --> 00:47:06.230

Lisa Taylor-Austin: I agree with you 100%. There's a lot of brainwashing that happens too.

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00:47:07.160 --> 00:47:10.799

Dr. Vecchi: Now. Gas lighting, too. Gas lighting is huge. It's a huge

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00:47:11.170 --> 00:47:13.020

Dr. Vecchi: technique that they use.

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00:47:13.210 --> 00:47:31.970

Dr. Vecchi: you know. And then when they're doing the same thing right? They're doing stuff that's bad. Then they deny everything they or they say nothing, deny everything. They counter accusations. Right? That's typical spycraft stuff, and they use that all the time, and then they gaslight you, meaning that they're trying to make you to believe a situation

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00:47:32.287 --> 00:47:45.409

Dr. Vecchi: or making you think that's you know that that with the situation you believe to be true, isn't it? Must be something else right? And you need to believe, you know, that's a that's a huge piece. So I would, you know, even as as counselors and as just reading material.

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00:47:45.500 --> 00:47:50.949

Dr. Vecchi: you know. Understand? You know, gaslighting, you know, and understand the behaviors.

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00:47:51.333 --> 00:47:56.669

Dr. Vecchi: Of these of these people. They they can become very predatory. I mean, it's always manipulative.

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00:47:56.920 --> 00:48:00.069

Dr. Vecchi: But you wanna you wanna just be able to

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00:48:00.140 --> 00:48:05.200

Dr. Vecchi: get out of it before it becomes aggressive, and before you get trapped.

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00:48:06.600 --> 00:48:07.270

Lisa Taylor-Austin: Yeah.

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00:48:07.991 --> 00:48:13.869

Lisa Taylor-Austin: I always. I always tend to think of people living in a situation like that

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00:48:13.970 --> 00:48:16.330

Lisa Taylor-Austin: are more in danger.

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00:48:16.960 --> 00:48:17.930

Lisa Taylor-Austin: Then

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00:48:18.070 --> 00:48:22.579

Lisa Taylor-Austin: just the average citizen going to a movie theater because

394

00:48:23.450 --> 00:48:29.039

Lisa Taylor-Austin: the abuser has access to them. 24 7. Cause I'm living in the same home right.

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00:48:29.040 --> 00:48:32.950

Dr. Vecchi: Yeah, oh, 100%. Yeah, I think that's much more dangerous than your.

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00:48:33.020 --> 00:48:37.659

Dr. Vecchi: you know, your likelihood of probability being attacked in the movie theater. Absolutely 100%.

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00:48:39.380 --> 00:48:40.135

Lisa Taylor-Austin: So.

398

00:48:41.460 --> 00:49:03.779

Lisa Taylor-Austin: we like to always advise people in those types of situations. Don't inform the abuser of that. You're going to leave, make a plan kind of in secret. Make sure that you have your support. Networks in place, have everything planned out, have copies of all your important documents, things of that nature.

399

00:49:03.810 --> 00:49:08.189

Lisa Taylor-Austin: and then decide when you're gonna do it and do it and do a clean break.

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00:49:08.310 --> 00:49:11.510

Lisa Taylor-Austin: So you're shaking your head. You're you, and you're in agreement with that.

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00:49:11.510 --> 00:49:15.617

Dr. Vecchi: Oh, 100%. That's that's yeah. That's a great strategy. That is.

402

00:49:15.960 --> 00:49:19.329

Lisa Taylor-Austin: So tell us if we're ever a hostage

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00:49:19.660 --> 00:49:21.650

Lisa Taylor-Austin: in any kind of situation.

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00:49:22.680 --> 00:49:24.419

Lisa Taylor-Austin: what should we be doing

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00:49:24.850 --> 00:49:25.930

Lisa Taylor-Austin: to.

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00:49:28.100 --> 00:49:33.729

Dr. Vecchi: Yeah, it really? Well, okay. So if someone are, are you talking about? If someone actually gets taken hostage, what do they do.

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00:49:34.460 --> 00:49:38.150

Lisa Taylor-Austin: Yeah, either in their home or at a movie theater.

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00:49:39.720 --> 00:49:40.880
Lisa Taylor-Austin: Anywhere.

409
00:49:41.390 --> 00:49:42.130
Dr. Vecchi: Well.

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00:49:42.570 --> 00:49:49.940
Dr. Vecchi: I mean there again, it's it's different. It's different situations, right? You know, the the term hostage has a very

411
00:49:50.170 --> 00:49:51.770
Dr. Vecchi: specific meaning

412
00:49:52.716 --> 00:49:54.270
Dr. Vecchi: versus the

413
00:49:54.940 --> 00:49:55.910
Dr. Vecchi: a victim.

414
00:49:56.130 --> 00:49:58.970
Dr. Vecchi: Right? And and I know people like, what are you talking about?

415
00:49:59.830 --> 00:50:01.620
Dr. Vecchi: A hostage and a victim.

416
00:50:01.680 --> 00:50:05.649
Dr. Vecchi: meaning, let's say, a kidnapping or a prison take over.

417
00:50:05.690 --> 00:50:12.349
Dr. Vecchi: or the guy who comes home and finds out that his wife's been cheating on him, and now it takes her against her will. They're all captives

418
00:50:12.710 --> 00:50:13.510
Dr. Vecchi: right?

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00:50:13.870 --> 00:50:20.180
Dr. Vecchi: And so from from a negotiation perspective. Right? The way

we look at it right?

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00:50:21.126 --> 00:50:22.320

Dr. Vecchi: Is that

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00:50:25.000 --> 00:50:26.640

Dr. Vecchi: you're dealing with

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00:50:26.710 --> 00:50:44.869

Dr. Vecchi: what? What are? Who are the players who are the players that are going to be communicating? Right? Okay? So in a hostage situation, it's considered a triadic relationship. Okay, it means you have your hostage taker, your or hostage takers right your hostage or hostages

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00:50:45.390 --> 00:50:47.700

Dr. Vecchi: in the third person. They need to get what they want

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00:50:47.830 --> 00:50:52.190

Dr. Vecchi: now in a kidnapping situation. It could be the family member, because they want ransom

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00:50:52.850 --> 00:50:54.169

Dr. Vecchi: in a

426

00:50:55.862 --> 00:51:03.830

Dr. Vecchi: prison takeover. It could be the the the warden or or the the governor, or whoever that could provide them more privileges.

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00:51:04.310 --> 00:51:05.100

Dr. Vecchi: Right?

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00:51:07.967 --> 00:51:13.812

Dr. Vecchi: but in a barricaded situation, right? Which is a victim. Type, relationship?

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00:51:14.360 --> 00:51:18.349

Dr. Vecchi: it's a dyadic relationship between

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00:51:18.530 --> 00:51:35.630

Dr. Vecchi: the captive taker, the person taking that person against their will and that victim. And they there is no third person, and they don't want a third person, because it's between them, too. So in the former, Haas, the situation is instrumental. It's instrumental violence. They're they're they're using the person as leverage.

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00:51:35.840 --> 00:51:52.439

Dr. Vecchi: Okay, in a barricaded situation there's no leverage there there be, for their their problem is with that person, and and by virtue that situation is much more dangerous in terms of of the person being held captive than the Hosta situation. Because there's value

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00:51:53.020 --> 00:51:59.420

Dr. Vecchi: and that dictates. Then how do you, you know, talk to them, and then the structure is a little bit different. Right?

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00:51:59.430 --> 00:52:07.570

Dr. Vecchi: So if you look at a kidnapping in a hosta situation, it's still 3 way conversation between the hostess taker, the the hostage

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00:52:08.379 --> 00:52:16.519

Dr. Vecchi: and the third person they need something from, because it's leverage. It's a business deal that's instrumental violence. It's it's a negotiation. It's business.

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00:52:16.750 --> 00:52:18.649

Dr. Vecchi: and as long as

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00:52:19.456 --> 00:52:22.149

Dr. Vecchi: the the hostess taker gets something of value.

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00:52:22.390 --> 00:52:24.670

Dr. Vecchi: or the hostage, the hostage will be let go

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00:52:25.150 --> 00:52:30.749

Dr. Vecchi: right very. It's very. It's a very simple calculus, right? So that dictates. Then how you talk to them.

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00:52:31.180 --> 00:52:54.860

Dr. Vecchi: So it's a cost benefit thing. And it's basically it's it's

like a business deal. It's instrumental, it's tactical negotiation, it's bargaining, it's whatever. And and and that's that's one side, the other side, which is what most people know when they think of host is taking. Is that domestic violence situation. Okay? Guy thinks his wife's cheating on him, so he grabs her, puts a gun under head barricades themselves in in his house.

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00:52:55.320 --> 00:52:56.170

Dr. Vecchi: Right?

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00:52:56.885 --> 00:53:09.329

Dr. Vecchi: It's emotional, it's expressive violence. It's between him and her he doesn't want anyone else. There's no third party that he wants there, especially the police, right? And it's more likely if things don't happen.

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00:53:10.248 --> 00:53:12.689

Dr. Vecchi: Gonna it's gonna result in

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00:53:12.790 --> 00:53:24.750

Dr. Vecchi: the injury or death of that that hostage, or that person being held captive and likely, or sometimes likely, I mean a high percentage of time of suicide also right? And that then dictates

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00:53:25.260 --> 00:53:29.470

Dr. Vecchi: how you talk to that person, because when I arrive at a situation

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00:53:30.040 --> 00:53:34.380

Dr. Vecchi: barricaded situation as a hostage negotiator, crisis negotiator.

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00:53:35.210 --> 00:53:37.029

Dr. Vecchi: I know that I'm not wanted.

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00:53:37.360 --> 00:53:41.600

Dr. Vecchi: so I have a whole litany of stuff. I gotta do to get permission

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00:53:41.750 --> 00:53:44.840

Dr. Vecchi: to talk to that person and then let alone build that

relationship.

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00:53:45.500 --> 00:53:50.910

Dr. Vecchi: and then getting that person to release the the his wife and come out without any further violence.

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00:53:51.350 --> 00:53:55.379

Dr. Vecchi: And you know and and it's more of a crisis

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00:53:56.620 --> 00:54:04.210

Dr. Vecchi: intervention, suicide, intervention or prevention approach in terms of how I talk to them.

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00:54:04.250 --> 00:54:10.269

Dr. Vecchi: And so in those situations is this emotional? It's expressive. I'm not. I'm I'm not on

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00:54:10.520 --> 00:54:19.329

Dr. Vecchi: part of the conversation. They don't want me there. I gotta be the helper. I gotta come in and deal with the emotions. I gotta deal with that person and what they're thinking.

454

00:54:19.400 --> 00:54:41.109

Dr. Vecchi: And so I become the helper. I become the social support, because almost every one of those people, regardless of their background, I mean they could be doing terrible things. You know. They could be killed somebody already they could have raped somebody already. Now they've got the the person there shot 5 people. Now they got this other person held up.

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00:54:41.320 --> 00:54:43.719

Dr. Vecchi: I'm going to approach them in the same manner.

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00:54:44.490 --> 00:54:49.329

Dr. Vecchi: Rather, it's a domestic violence situation, or bank robber or

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00:54:49.860 --> 00:54:52.490

Dr. Vecchi: a terrorist or a child, Molester.

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00:54:52.670 --> 00:55:00.589

Dr. Vecchi: I'm going to approach them the same way, and my opening line is always, you know, when I was an FBI is, you know. Hi, I'm Greg with the FBI. Are you? Okay?

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00:55:00.640 --> 00:55:01.869

Dr. Vecchi: That's my opening line.

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00:55:02.780 --> 00:55:07.829

Dr. Vecchi: And that starts. And I established that I'm here to help type stuff.

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00:55:07.860 --> 00:55:09.959

Dr. Vecchi: because really, at the end of the day

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00:55:11.000 --> 00:55:14.400

Dr. Vecchi: the person comes out because I ask him to right.

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00:55:14.480 --> 00:55:27.210

Dr. Vecchi: And the reason he does is because I'm the only person that's making sense, and seems to really care about that person in the moment, even though he knows I'm a police officer or law enforcement officer, and he knows that his life is going to change.

464

00:55:27.430 --> 00:55:50.010

Dr. Vecchi: probably forever after this interaction, right yet it still works. And that's the magic of it. Right? That's what got. That's what's that's a bit so form of behavioral analysis. It's just verbal, you know, influence, persuasion type stuff. And so so when you're you know you're talking about, you know, hostages versus, you know, victims and things like this. You have to understand the relationships.

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00:55:50.210 --> 00:56:09.949

Dr. Vecchi: the motivation of why they're doing it? Is it expressive is an instrumental, and be able to explain that, and then look at the structure because they all dict dictates. What else is going on because we got police. We got the swap. We got investigators out there. We got on scene commanders got evidence people. We got emergency services and you gotta coordinate all of that.

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00:56:10.240 --> 00:56:15.119

Dr. Vecchi: But I'm the only one talking to the bad guy or to the to the person in crisis, whatever it is.

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00:56:15.260 --> 00:56:18.540

Dr. Vecchi: and you know. And then it's it's kind of interesting. Because

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00:56:18.620 --> 00:56:19.960

Dr. Vecchi: when you look at

469

00:56:20.130 --> 00:56:21.689

Dr. Vecchi: Passa's negotiation

470

00:56:21.930 --> 00:56:24.470

Dr. Vecchi: and you look at, why does it work?

471

00:56:25.150 --> 00:56:26.810

Dr. Vecchi: The reason it works

472

00:56:26.860 --> 00:56:28.220

Dr. Vecchi: is because

473

00:56:28.280 --> 00:56:32.120

Dr. Vecchi: how you define what a crisis is. Okay. The crisis

474

00:56:32.490 --> 00:56:33.410

Dr. Vecchi: is

475

00:56:33.570 --> 00:56:37.490

Dr. Vecchi: 2 things have to exist for a crisis to exist. Number one.

476

00:56:37.510 --> 00:56:40.190

Dr. Vecchi: They have to be. They have to be beyond their ability to cope

477

00:56:40.690 --> 00:56:43.649

Dr. Vecchi: number 2. They have to believe that

478

00:56:43.680 --> 00:56:45.349

Dr. Vecchi: there's no one to turn to to help.

479

00:56:45.930 --> 00:56:52.779

Dr. Vecchi: and as long as those 2 exist, those 2 conditions exist. That person is in crisis.

480

00:56:53.020 --> 00:56:55.069

Dr. Vecchi: Okay. Now, in a

481

00:56:55.240 --> 00:57:02.530

Dr. Vecchi: barricaded situation, Guy loses his. He loses his job, he comes home. His wife is is is going to leave him.

482

00:57:02.840 --> 00:57:05.779

Dr. Vecchi: and then he takes her hostage.

483

00:57:06.100 --> 00:57:14.900

Dr. Vecchi: Mr. Will, right? Okay, that's a very acute fast thing that happened the last, probably 24 h. Right?

484

00:57:15.170 --> 00:57:16.889

Dr. Vecchi: That person's a crisis.

485

00:57:17.270 --> 00:57:21.589

Dr. Vecchi: And so I go in as the negotiator, and remember.

486

00:57:21.640 --> 00:57:36.149

Dr. Vecchi: prices exist. If you can't cope, and you don't have anybody there to help you guess what I become. I become their helper right, and as soon as I give them an option or another way to look at. I reframe the situation, and I get to situation to where

487

00:57:36.240 --> 00:57:44.249

Dr. Vecchi: where I am now their social support, and I established that from the minute I open my mouth and say, Hi! I'm Greg with the FBI. Are you okay?

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00:57:44.290 --> 00:57:54.340

Dr. Vecchi: And I stick, no matter how much they hang on. Hang up on

me, or how much they scream at me and hate me, and yell at me and threaten me and all the other stuff. I still maintain the helper.

489

00:57:54.510 --> 00:57:55.979

Dr. Vecchi: And over time.

490

00:57:56.420 --> 00:57:57.240

Dr. Vecchi: Okay.

491

00:57:58.570 --> 00:58:05.100

Dr. Vecchi: they realize that. Oh, this is not such a great idea. He's giving me an option. It's a fair option

492

00:58:05.230 --> 00:58:15.540

Dr. Vecchi: what I thought I was going to do isn't going to work. I don't want to get any more trouble, and then they end up coming out because I have. I have stopped their crisis becoming their social support. Okay, now.

493

00:58:15.580 --> 00:58:18.400

Dr. Vecchi: let's move that same thing over to the active killer.

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00:58:19.040 --> 00:58:19.790

Dr. Vecchi: Okay.

495

00:58:21.660 --> 00:58:23.540

Dr. Vecchi: almost all the active killers.

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00:58:23.580 --> 00:58:28.900

Dr. Vecchi: Rather. They're bullied pros feel the persecuted, bullied, wronged ideology.

497

00:58:29.340 --> 00:58:38.659

Dr. Vecchi: big loss, loss in their life, whatever it is, they're in crisis. And that crisis is this has the same definition as a Hosta's negotiation. Barricaded situation.

498

00:58:38.800 --> 00:58:43.139

Dr. Vecchi: Okay, they can't cope with the situation, and no one's there to help

499

00:58:43.320 --> 00:58:53.670

Dr. Vecchi: the difference between that type of a crisis situation and the one you're gonna find in a barricaded situation like the domestic violence is that the domestic violence? One is more acute.

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00:58:54.270 --> 00:58:57.209

Dr. Vecchi: and this happened in a very short period of time.

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00:58:58.000 --> 00:59:04.579

Dr. Vecchi: The active killer situation is a crisis or a grievance that's much more chronic.

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00:59:05.430 --> 00:59:10.159

Dr. Vecchi: and the steps they go through is much more reasoned.

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00:59:10.310 --> 00:59:12.939

Dr. Vecchi: and therefore you have more time to deal with it.

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00:59:13.070 --> 00:59:15.840

Dr. Vecchi: But essentially as far as the method.

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00:59:15.970 --> 00:59:30.650

Dr. Vecchi: Okay, you assess it the exact same way, and you deal with it the exact same way. My purpose, or the or what I'm gonna teach or train the school system to do is is identify the crisis. I make sure that that person's on the pathway.

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00:59:31.190 --> 00:59:39.720

Dr. Vecchi: Avoid false positives and false negatives right? And then have a reasonable intervention based on where they are on the pathway.

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00:59:40.210 --> 00:59:53.010

Dr. Vecchi: But I'm still using crisis intervention because I'm stepping in as their social support as their helper as that person to remove that crisis. And just like in the domestic violence situation.

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00:59:53.050 --> 00:59:58.640

Dr. Vecchi: Once I once I become the helper, and I show them a you know, a way out of this.

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00:59:58.680 --> 01:00:00.140

Dr. Vecchi: That's better.

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01:00:00.530 --> 01:00:07.229

Dr. Vecchi: Then they're going to comply because I just limited prices for them and they come out because I ask them to.

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01:00:07.290 --> 01:00:10.439

Dr. Vecchi: You move over to the active killer situation. Same thing happens.

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01:00:10.500 --> 01:00:16.939

Dr. Vecchi: Okay, whatever their problem is, with their bully or whatever's going on, I step in and stop the crisis.

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01:00:17.410 --> 01:00:19.119

Dr. Vecchi: and if I stop to crisis.

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01:00:19.800 --> 01:00:22.880

Dr. Vecchi: I prevent the violence because there's no there's no reason

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01:00:23.200 --> 01:00:27.390

Dr. Vecchi: for then there's no motivation to kill anymore, because the crisis is gone

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01:00:27.570 --> 01:00:35.939

Dr. Vecchi: and the people would just realize that that understanding these direct behaviors, these these things that go into this right

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01:00:35.990 --> 01:00:41.209

Dr. Vecchi: and don't focus on things like mental illness. And the gun and all these other

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01:00:41.637 --> 01:00:48.569

Dr. Vecchi: side issues that could, may or may not be there in the first place. But if they are, they may or may not be a threat and answer.

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01:00:48.650 --> 01:00:55.850

Dr. Vecchi: because again, mental, ill, mentally ill people may not be violent. That may not be a. And so you have to make sure that

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01:00:55.920 --> 01:00:59.330

Dr. Vecchi: you get to the point where it's not just connecting the dots.

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01:00:59.750 --> 01:01:01.200

Dr. Vecchi: Okay, that's part of it.

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01:01:01.260 --> 01:01:06.350

Dr. Vecchi: But if you don't have the right dots to connect, it doesn't matter what you connect, because it's not going to work.

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01:01:06.530 --> 01:01:09.039

Dr. Vecchi: So you have to get those right dots.

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01:01:09.230 --> 01:01:15.310

Dr. Vecchi: And then you connect those dots, and then you tie it into this methodology, this approach, which is basically

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01:01:15.650 --> 01:01:19.270

Dr. Vecchi: this, is nothing more than Hasa's negotiation, one on one. In my opinion.

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01:01:19.370 --> 01:01:26.039

Dr. Vecchi: you know, I'm calling it behavioral analysis and calling it, you know, behavioral science, whatever you want to call it, thread assessment. Whatever.

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01:01:26.200 --> 01:01:27.999

Dr. Vecchi: You're essentially using

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01:01:28.070 --> 01:01:33.169

Dr. Vecchi: basic Haas's negotiation methodology. That's what I bring for in the book. That's the difference between

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01:01:33.190 --> 01:01:37.160

Dr. Vecchi: my approach versus maybe other people's approach. And

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01:01:37.560 --> 01:01:45.650

Dr. Vecchi: you know. And and so, you know, if if you're gonna say, you know people tell me, ask me, you know. What? Why are you different? Why should I listen to you for threat assessment?

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01:01:45.780 --> 01:01:47.320

Dr. Vecchi: Why should I read your book.

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01:01:47.520 --> 01:01:49.830

Dr. Vecchi: and I'm going to say, well, first off

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01:01:50.210 --> 01:02:00.189

Dr. Vecchi: a lot. Most of the stuff I say in there, right is gonna be pretty much just best practices that you probably already know if you're a threat, assessor, which you may not have considered is.

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01:02:00.250 --> 01:02:09.100

Dr. Vecchi: how do you know when the person is actually on the pathway. And that's the fatal grievance concept of fatal grievance. Right? And then how do you know that?

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01:02:11.000 --> 01:02:21.149

Dr. Vecchi: you're you're not running after we're going to end up with a false negative or a false, positive, false, negative meaning, you come to the conclusion that he's not violent, and he is.

536

01:02:21.260 --> 01:02:24.120

Dr. Vecchi: or a false positive, which is the cry Wolf syndrome.

537

01:02:24.230 --> 01:02:25.560

Dr. Vecchi: which is.

538

01:02:25.730 --> 01:02:37.969

Dr. Vecchi: you know. Yeah, he's gonna be violent. He's gonna be really and never is right. And we and and that right there for me is Achilles. Heel of all this threat assessment stuff. First of all, people aren't paying attention to it because most of the time it's like, Oh.

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01:02:38.340 --> 01:02:46.459

Dr. Vecchi: jeez, well, yeah, yeah, after every attack it's like, Oh, man, we had all these indicators, but no one paid attention to them. Right? Well, this is how you make sense of it.

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01:02:46.730 --> 01:02:50.019

Dr. Vecchi: because you have. You have a tremendous opportunity to stop this violence.

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01:02:50.716 --> 01:02:55.050

Dr. Vecchi: But of course you can't always, and you always have to have a plan. B. In the event doesn't work.

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01:02:57.540 --> 01:03:15.040

Lisa Taylor-Austin: What would be your advice to a person who's being held hostage? Because I hear a lot of times, you know, just comply with whatever they ask you. I've also, I think, heard you say, like, Don't fight the bad guy like. Don't decide to take them on So

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01:03:15.420 --> 01:03:19.149

Lisa Taylor-Austin: I guess. What should we be doing if we ever get held hostage.

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01:03:19.350 --> 01:03:20.160

Dr. Vecchi: Well.

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01:03:20.370 --> 01:03:30.099

Dr. Vecchi: you know, it's one of those things, you know. If you if you're really being held hostage, you know, by someone regardless what it is, you know. You know you want to be a good hostage.

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01:03:30.240 --> 01:03:34.750

Dr. Vecchi: so you don't. You don't like. If someone wants to give you some food or water. Don't turn it down

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01:03:35.430 --> 01:03:36.250

Dr. Vecchi: right?

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01:03:36.832 --> 01:03:47.420

Dr. Vecchi: Pay attention to patterns. Okay, you realize that you know

everybody's favorite word is is is their name, and every and everybody's favorite topic is themselves right?

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01:03:47.460 --> 01:03:57.799

Dr. Vecchi: So you don't want to be a difficult person. You don't want to. I mean, you don't want to. Obviously you want to stick to your, you know, be able to say No, if they're crossing a line or whatever to a certain degree, right?

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01:03:58.212 --> 01:04:06.620

Dr. Vecchi: But you you basically, you know, being part of being a good hostage, right is not becoming unnecessarily difficult to that person.

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01:04:07.476 --> 01:04:15.200

Dr. Vecchi: If you are, if it's an emotional thing like a domestic violence situation. It's a much more dangerous situation.

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01:04:15.400 --> 01:04:18.339

Dr. Vecchi: If you are in a situation of ransom

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01:04:18.630 --> 01:04:22.879

Dr. Vecchi: or a situation of you know your correction, officer being held.

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01:04:23.170 --> 01:04:27.551

Dr. Vecchi: you know, by the a gang in a in a prison.

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01:04:28.940 --> 01:04:33.250

Dr. Vecchi: you're the danger to you is much less because you're valuable to them. Right

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01:04:33.970 --> 01:04:37.019

Dr. Vecchi: above and beyond that we always want to look at opportunities

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01:04:37.560 --> 01:04:40.529

Dr. Vecchi: to first avoid the situation. In the first place.

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01:04:40.610 --> 01:04:43.389

Dr. Vecchi: right? Not get yourself in that situation. In the first place.

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01:04:43.420 --> 01:04:46.269

Dr. Vecchi: know how to escape and know what what

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01:04:46.290 --> 01:04:48.439

Dr. Vecchi: what that means, right.

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01:04:48.460 --> 01:04:55.350

Dr. Vecchi: know how to evade, or hide, or lockdown, if necessary, and then know how to engage if necessary.

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01:04:56.090 --> 01:05:01.508

Dr. Vecchi: And so, you know, those are. Those are the the skill sets right, you know.

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01:05:02.555 --> 01:05:07.109

Dr. Vecchi: you know, is is is basically there's an old there's an old military

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01:05:08.740 --> 01:05:10.720

Dr. Vecchi: approach. It was called sear

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01:05:10.810 --> 01:05:14.730

Dr. Vecchi: survival, evasion, resistance, and escape and stuff like this.

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01:05:15.211 --> 01:05:27.480

Dr. Vecchi: But I like to look at it for standpoint of, you know, targeted violence. Right? Okay, you're being held hostage. You're you're being. You're in your classroom in school. You're at a restaurant.

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01:05:27.700 --> 01:05:36.440

Dr. Vecchi: and then, all of a sudden, you've got you've got danger rather. You get taken hostage or not right. You still got to have the ability to have good situational awareness.

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01:05:37.288 --> 01:05:39.629

Dr. Vecchi: Understand the situation you're in.

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01:05:39.840 --> 01:05:51.107

Dr. Vecchi: and then look for opportunities to avoid, escape, evade, and engage in at the last minute. Right? If you, if you have to. I mean, we certainly don't

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01:05:51.890 --> 01:06:03.360

Dr. Vecchi: wanna you know, emphasize to get to a a fight with the with the with the bad guy, and and just to your point, you know, when I've said that on previous, you know podcasts and and things that I've done

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01:06:03.790 --> 01:06:11.010

Dr. Vecchi: when I, when I'm talking about don't engage the offender. It's typically in the, in the in the

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01:06:11.960 --> 01:06:14.820

Dr. Vecchi: environment of the like, a school workplace environment.

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01:06:15.640 --> 01:06:22.610

Dr. Vecchi: We have found out that, you know. If you have an active shooter, active killer, whatever you want to call it, in your school or workplace.

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01:06:22.820 --> 01:06:24.389

Dr. Vecchi: you should never.

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01:06:24.630 --> 01:06:29.050

Dr. Vecchi: or you should never be expected to actually try to attack that person.

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01:06:29.693 --> 01:06:42.399

Dr. Vecchi: What I'm talking about is in a more of a defensive engagement against them, such as you're barricaded in your room. Okay, in an office bathroom, wherever you are. And somehow he starts to

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01:06:42.440 --> 01:06:47.889

Dr. Vecchi: to enter that room, and he crosses that threshold. That that door, threshold the window threshold.

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01:06:48.225 --> 01:06:57.054

Dr. Vecchi: You see a piece of him, you see a piece of his weapon, whatever. That's what you attack, and then then then you go through the then we have have a whole

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01:06:57.610 --> 01:07:00.459

Dr. Vecchi: checklist of of things to keep in mind on that.

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01:07:02.050 --> 01:07:11.349

Lisa Taylor-Austin: It sounds like listening would be extremely important listening and paying attention to what does this person want?

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01:07:11.510 --> 01:07:12.569

Lisa Taylor-Austin: Because what

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01:07:13.030 --> 01:07:14.930

Lisa Taylor-Austin: once you figure out what they want.

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01:07:15.040 --> 01:07:18.950

Lisa Taylor-Austin: You can kind of ascertain if you're valuable to them or not.

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01:07:19.290 --> 01:07:25.430

Dr. Vecchi: Yeah, absolutely. I mean, that's kind of the basic basis of all good interviewers, all good interrogators.

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01:07:25.470 --> 01:07:38.880

Dr. Vecchi: all good counselors, right, all good hostage negotiators, all good hostages. Right is, is, they have the ability to to to listen and assess the situation and figure out, what does that other person need.

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01:07:40.043 --> 01:07:52.240

Dr. Vecchi: and let them talk about those needs and stuff like this. And if they, if they seem to be agitated, or you hear emotions deal with those emotions, and you seem really pissed off. What did I say we do? What's going on?

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01:07:52.330 --> 01:07:53.450

Dr. Vecchi: Tell me until

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01:07:54.220 --> 01:08:02.100

Dr. Vecchi: you know you seem really frustrated. What what's going on? They'll tell you. They'll tell you real quick, even though you're hardened criminal. If he's irritated with you, he's going to give you an earful.

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01:08:02.160 --> 01:08:04.070

Dr. Vecchi: and that's good, because that's venting.

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01:08:04.540 --> 01:08:07.529

Dr. Vecchi: And you're actually building a relationship. And he doesn't even realize it.

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01:08:08.850 --> 01:08:12.930

Lisa Taylor-Austin: So we're gonna put the link to your websites and your book

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01:08:12.950 --> 01:08:22.749

Lisa Taylor-Austin: and your LinkedIn, and the like. In the description of this video share with us a little about your your new Youtube channel.

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01:08:23.560 --> 01:08:26.429

Dr. Vecchi: So I started. It's kind of a it's a little bit

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01:08:26.470 --> 01:08:36.940

Dr. Vecchi: different than when you see me with safe defend or or with Becky group. You know, as as far as you know, the threat assessment. You know. I I I speak more

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01:08:36.979 --> 01:08:38.750

Dr. Vecchi: in terms of organizational

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01:08:39.502 --> 01:08:48.269

Dr. Vecchi: threat assessment. And then what employees and teachers and you know things can do to, you know, deal with, you know, you know, targeted violence and things like this.

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01:08:48.970 --> 01:08:49.850

Dr. Vecchi: the

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01:08:50.310 --> 01:08:52.810

Dr. Vecchi: the Youtube channel that I'm starting is

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01:08:52.830 --> 01:08:55.129

Dr. Vecchi: is more geared towards

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01:08:55.950 --> 01:09:00.349

Dr. Vecchi: obtaining compliance, whatever that means to you right now, compliance

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01:09:01.045 --> 01:09:07.769

Dr. Vecchi: in a in the physical form. Right is if you're threatened. Right is self defense or personal protection type stuff, you know.

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01:09:07.790 --> 01:09:12.386

Dr. Vecchi: and but also compliance. Compliance has to do with being able to

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01:09:12.840 --> 01:09:16.029

Dr. Vecchi: you to to negotiate or tactically negotiate.

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01:09:16.140 --> 01:09:22.110

Dr. Vecchi: So the bottom line is is that is that if you're threatened or you're under attack, or you're going to gain compliance. Right?

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01:09:22.229 --> 01:09:26.740

Dr. Vecchi: There's only 3 things you can do to gain compliance. Okay, in a, in a

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01:09:27.326 --> 01:09:30.029

Dr. Vecchi: in a, in a threat situation. Okay.

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01:09:30.380 --> 01:09:32.109

Dr. Vecchi: you can either talk.

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01:09:32.270 --> 01:09:34.270

Dr. Vecchi: fight, or shoot.

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01:09:34.630 --> 01:09:35.479

Dr. Vecchi: that's it.

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01:09:36.540 --> 01:09:41.769

Dr. Vecchi: And so you're either going to obtain voluntary compliance through talking.

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01:09:41.779 --> 01:09:43.270

Dr. Vecchi: which is negotiation.

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01:09:43.800 --> 01:09:45.480

Dr. Vecchi: If you can't get that.

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01:09:45.520 --> 01:09:49.610

Dr. Vecchi: or it's too dangerous to do that, you know, that's not gonna work.

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01:09:49.689 --> 01:09:52.559

Dr. Vecchi: Then you have to get involuntary compliance.

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01:09:52.740 --> 01:09:54.550

Dr. Vecchi: and that's either through

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01:09:56.322 --> 01:10:13.840

Dr. Vecchi: physical means. And when I say by fight, I'm talking about, you know, controlling the other person right? Strikes, you know, dealing with knives and other other, you know, type of weapons and sticks and things like this. And then there's a deadly force compliance which is with the firearm. If you know, for those that carry concealed and things like this.

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01:10:14.080 --> 01:10:21.249

Dr. Vecchi: And so there may be people that don't care about the gun stuff. And that's okay. They don't have to watch those videos. You know, they don't have to right

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01:10:21.779 --> 01:10:26.890

Dr. Vecchi: but for me it's kind of one of those things where you

know, compliance can happen.

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01:10:27.418 --> 01:10:31.731

Dr. Vecchi: And it really depends on on the degree of of threat that you are

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01:10:32.160 --> 01:10:33.550

Dr. Vecchi: being

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01:10:33.570 --> 01:10:35.119

Dr. Vecchi: presented with. Right.

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01:10:35.150 --> 01:10:39.399

Dr. Vecchi: you know, if at all possible. We want to talk a way out of it. We want to avoid it.

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01:10:39.560 --> 01:10:44.260

Dr. Vecchi: Get away from it. And that's part of situational awareness and avoidance. Right?

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01:10:45.365 --> 01:10:49.080

Dr. Vecchi: If that doesn't work, then we're going to try to escape the problem

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01:10:49.180 --> 01:11:02.920

Dr. Vecchi: right? And if we you know which means, you know, just you see that the guy's a rifle. We go that way right? And leave right? Okay? Or we evade that person might be a lockdown. Might be, you know, things like this.

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01:11:03.310 --> 01:11:14.419

Dr. Vecchi: and then there's the engage piece, and the engage piece is kind of what this compliance things is is kind of focused on is what to do. Personal protection, if you are

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01:11:15.750 --> 01:11:24.559

Dr. Vecchi: you know, presented with, you know, a physical threat or some sort of you know. Emotional threat, you know. And then you know, how do you?

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01:11:24.850 --> 01:11:32.100

Dr. Vecchi: How do you get compliance. How do you get them to stop the action? And again it comes back to it's it's it's very simple. It's a very simple concept. Talk, fight or shoot.

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01:11:32.210 --> 01:11:54.500

Dr. Vecchi: and then you're moving right? So you're either moving from talk to fire, to back, to fight, to talk right, or you go from talk, and somebody pulls gun out. You go to shoot right? It's all about personal protection. But here's the deal. The reason I call the tactical academic is because it's meant for the everyday person. It's not meant for the police. This is not meant for some special Ops people. It's meant for people who may have disabilities.

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01:11:54.540 --> 01:12:08.490

Dr. Vecchi: Okay, it's meant for people who are normal. It's meant for males, females. It's meant for juveniles. It's meant for, you know what whoever needs that. And it's met, and it's also addressed from the standpoint that you're going to be by yourself.

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01:12:08.680 --> 01:12:11.490

Dr. Vecchi: And it's probably going to be an ambush type of an attack.

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01:12:11.920 --> 01:12:18.570

Dr. Vecchi: And so it goes back into understanding that offender and their behavior same thing as I always talk about.

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01:12:19.040 --> 01:12:37.829

Dr. Vecchi: And then also human physiology. Because when you're scared, when you, when you experience a threat, your sympathetic nervous system kicks over and you're gonna be in that fight or flight or freeze syndrome right? The body alarm response. And you've got it's gotta work in that. So part of that is an understanding of

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01:12:38.310 --> 01:12:43.849

Dr. Vecchi: that state that you get into. And then how can you work, work through that

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01:12:44.256 --> 01:12:48.060

Dr. Vecchi: and overcome that enough, or work with that, or work within that

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01:12:48.505 --> 01:12:59.150

Dr. Vecchi: to be successful. And that's understanding the human physiology, you understanding the the offender, and then understanding your options, and then your own attributes.

637

01:12:59.230 --> 01:13:06.350

Dr. Vecchi: And what really is realistic for you, and then and also if you, and then making the assumption that you're on your own.

638

01:13:06.610 --> 01:13:12.410

Dr. Vecchi: and you got it, and you got to deal with the situation yourself. You're not a police officer. You're not highly skilled. You're not an athlete.

639

01:13:12.951 --> 01:13:22.429

Dr. Vecchi: You don't have to have any of that. So this is kinda you know, compliance, Con. I call tactical conflict, resolution. That's that's my, that's the my!

640

01:13:22.460 --> 01:13:27.519

Dr. Vecchi: The word highlight gave it, and tattoo, conflict, resolution is talk, flight, shoot, and move.

641

01:13:27.780 --> 01:13:32.919

Dr. Vecchi: and your engagement zone is talk, fight, shoot, and your disengagement zone is the move zone.

642

01:13:32.940 --> 01:13:39.400

Dr. Vecchi: and there are both verbal and non verbal components to it. That's pretty much in a nutshell. What it is.

643

01:13:40.330 --> 01:13:46.979

Lisa Taylor-Austin: That sounds like really valuable information. So that's tactical academic on Youtube.

644

01:13:47.530 --> 01:13:48.320

Lisa Taylor-Austin: Yep.

645

01:13:48.530 --> 01:14:02.920

Lisa Taylor-Austin: Dr. Becky, thank you so much for your time today I. I am very, very appreciative of you taking the time to talk to us

and educate us. About these things that are that are so important in society. Now.

646

01:14:03.400 --> 01:14:15.020

Dr. Vecchi: Well, I I appreciate the opportunity. For inviting me. It's always great to interact with you as usual. And I'm happy to to continue working with you as as much as you need.

647

01:14:15.020 --> 01:14:22.600

Lisa Taylor-Austin: Okay, I'd like to have you back to talk about another topic in the future. So maybe we can do that at some point time.

648

01:14:23.174 --> 01:14:24.749

Lisa Taylor-Austin: Alright, take care!

649

01:14:24.750 --> 01:14:25.669

Dr. Vecchi: Alright, bye, bye.

650

01:14:26.280 --> 01:14:26.590

Lisa Taylor-Austin: Bye.