EFFECTIVE ACTING for the CIT ROLEPLAYER

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Who is Swann?
www.swannchristopher.com

- Professional Actor since 2008
- Mission Statement
- CIT Actor since 2009
- Certified in Mental Health First Aid
- Training CIT Actors since 2015
- Teaches Acting for the Camera
- Standardized Patient
- Other Jobs in Entertainment and Education
PARENTAL
ADVISORY
EXPlicit CONTENT
Who Are You?
What do you remember most about your CIT training?
The Authenticity of the Roleplay Scenarios can Make or Break your Training.
A Well Trained Actor is just as much a Teacher as the Coach!
Schedule

- Presentation and Discussion
- Acting Techniques
- Scenario Role Play Practice
In this Workshop you will learn how to...

- Create Characters that are Appropriate and Believable.
- Apply the FBI’s “Behavioral Change Stairway Model” to your work as a roleplay actor.
- Purposefully and Effectively “Sting” and “Reward” participants.
- Believably mimic different Mental and Emotional states.
Why CIT Acting?

- It cannot support you. You must have other means.
- Do it for the right reasons.
  - Make supplemental income.
  - Curse out Cops?
  - Make Cops Better Cops.
  - Save lives!
Terminology

- Role Player - Actor
- Facilitator - Coach
- Participant - Student / Officer
- Scenario
- Variation
Role Player Responsibilities

To yourself

- Never do anything that would hurt yourself physically.
- Never do anything that would hurt yourself emotionally.
- Be honest with yourself and your facilitator.
Role Player Responsibilities

To your Facilitator

• Coordinate with Facilitator prior to Role Play.
• Allow Facilitator to control the Scenario.
• Take direction of Facilitator unless asked to risk safety.
• DO NOT interrupt training/feedback.
Role Player Responsibilities

To the Participants

• Outside of Role Play, you are invisible.
• During Role Play, provide a character that is relevant and believable.
• Stay in character.
• Effectively sting and reward participant accordingly.
• DO NOT interrupt training/feedback.
Role Player Responsibilities

To the Scenario

- Know the Scenario (facts)
- Create a Character (flesh it out)
- Do not alter the Scenario.
Character Creation

In order for **Roleplay** to be as **Effective** as possible, the **Character** must be **Appropriate** and **Believable**.
Character Creation

General Info

• Name
• Date of Birth
• Address
• Occupation/Workplace
• Hospital/Clinic
• Family and/or Support Provider Names
• Medical Condition or Disorder
• Medications currently or previously used
Character Creation

Demeanor
- Emotion
- Stable or Unstable
- Behavior

Appearance
- Wardrobe
- Props
- Physicality
Character Creation

Mental State
- Mental Disorder
- Organized or Disorganized thoughts
- Side Effects to Medication

Delusions/Hallucinations
- Paranoid
- Grandeur
- Religious
How Role Play Should Run

The Facilitator Runs the Show.

- Reads Officer Information Report (OIR) to all students
- Selects participant
- “Begin Scenario”
- Optional “Time Out”
  - Get feedback from participant
  - Feedback from other students
  - Offers own feedback and coaching
- “Time In”
- “End Scenario”
Role Player Don’ts

Never touch Participant.  
Never advance on Participant.  
Never point a weapon at Participant.  
Never throw anything at Participant.  
Never directly threaten Participant.  
Never actually swallow pills.

Any of these could force the Officer to go tactical and that’s what we are trying to avoid!
Seven Active Listening Skills

1. **Minimal Encouragements**: Brief statements like “Uh-huh”, “yes”, “I see” Watch out for “OK”.

2. **Paraphrasing**: Relaying back to the Role Player in their own words.

3. **Emotion Labeling**: “You seem…” “You sound…”

4. **Mirroring**: “I’m sick and tired of being pushed around.” “You feel pushed, huh?”

5. **Open-ended Questions**: “Can you tell me more about that?”

6. **"I" Messages**: “When you talk so fast I can’t understand you. Would you please slow down so that I can help you?”

7. **Effective Pauses**: Deliberate pauses for emphasis.
Behavioral Change Stairway Model

TRUST

- Active Listening
- Empathy
- Rapport
- Influence
- Behavioral Change

TIME
Behavioral Change Stairway

1. **Active Listening**: They listen to your side and make you aware they’re listening.

2. **Empathy**: They get an understanding of where you’re coming from and how you feel.

3. **Rapport**: Empathy is what *they* feel. Rapport is when *you feel it back*. You start to trust them.

4. **Influence**: Now that you trust them, they’ve earned the right to work on problem solving and recommending a course of action.

5. **Behavioral Change**: You act.
Behavioral Change Stairway Model

TRUST

Active Listening → Empathy → Rapport → Influence → Behavioral Change

TIME
Sting and Reward System

Appropriate behavior is rewarded.

Inappropriate behavior is punished (stung).
How do you Reward?

When you are staring off into the distance?

When you are holding a knife to your throat?

When you are screaming at the top of your lungs?

When you are drinking from a bottle of alcohol?

When you are standing on a ledge?
Reward Flow Chart

- Clear introduction, appropriate tone and presence
- Reward with Information
- Active Listening Skills
- Reward with Rapport
- Simple, clear instructions, baby steps
- Reward with Compliance
Types of Stings

• **Primary Sting**
  Role Player escalates the character’s behavior.

• **Mirror Sting**
  Reflecting back the Officer’s poor technique.

• **Helpful Sting (hook)**
  Leads the Officer to the appropriate behavior and/or leads them to information.
When to Sting

• Proximity, Officer safety
• No introduction
• Inappropriate tone
• Jumping to resolution
• Buying into hallucination
• Lying
Sting Flow Chart

Behavior deserving of a Sting

Primary Sting

Does Participant Recover?

YES
Reward

NO
Sting Harder and/or Differently

YES
Reward
Any Questions?
Let's Take a Break before Acting!
Improv Warm-ups
Improv Exercise
Emotional States

- Happy / Manic
- Sad / Depressed
- Angry / Agitated
- Fearful / Anxious
Taboos
Let’s Take another Break before Roleplay!
Scenario Roleplay
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