

**TRAINING PROVIDED BY
DR MICKI PISTORIUS
PROFILER DPhil PSYCHOLOGY**

CRIME INVESTIGATION AND RELATED COURSES:

Investigation of serious sexual offences:

Curriculum:

Introduction to serial killers: definitions, classifications & etiology
Psychological development of serial killers
Serial Rapists
Stranger rape
Sadistic Lust murderer
Auto-erotic death
Paraphilias (sexual deviations)
Child molesters
Profiling sexual offenders
Investigation of serial homicide
Collateral evidence
Staging and personation on a crime scene
Arsonists
Sexual Differences between men and women
Interviewing serial killers
Managing the media in investigations
Interviewing and interrogation skills.

Target group

This is a 2 weeks day course developed for experienced police officers and members of the judicial services only.

Interviewing and Interrogation:

Curriculum:

Context and contents
Introduction
Aggressive vs non-aggressive interview
Common mistakes
Questions
Cognitive interview
Behavioural analytical interview
Interrogation 8 steps to confession
Process of confession

Target group

Police forces, security companies and members of judicial services. 1 day course

Post Traumatic Stress

Curriculum:

Diagnostic criteria
Treatment
A short half hour introduction to explain Post Traumatic Stress
It is recommended that this course supplements the Combat Burnout for Executives Course

Target group: Defense, police, private security, hospital personnel. 2 hour introduction

Stalking

Curriculum:

Introduction:

Definitions of stalking
Influence on physical environment
Influence on Family Friends and Colleagues

Profiling Stalkers:

Celebrity / Erotomaniac
Love obsessive
Simple obsessive
Grudge obsessive
Immature romantic

Mental States Related to Stalking:

Paranoid delusional
Schizophrenia: paranoid
Paranoid Personality disorder
Borderline Personality disorder

Victim Empowerment:

Understanding Intuition
Understanding Fear
Understanding Danger
Understanding Threats

Intervention:

Target group:

Company executives, hospitals, schools, politicians, celebrities, radio and television hosts, journalists and private individuals. 1 day course

Compliant Victims of Sexual Sadists

Case study: Cezanne Visser.
Background Cezanne Visser and Dirk Prinsloo
Expert court reports
Profiling Sexual Sadists and Victims
Court findings and sentence

Target group:

Domestic violence, Gender violence, Police, Judicial services. Half day course.

CORPORATE TRAINING

Workplace Violence:

Curriculum:

Introduction to Workplace Violence

Definitions of Workplace Violence
Examples of Workplace Violence
Estimated cost of Workplace Violence

Profiling the Workplace Violence Perpetrator

Three categories of offenders
Characteristics of Workplace Violence Perpetrators and case examples
Mental illnesses associated with Workplace Violence
The process leading to committing Workplace Violence
Company circumstances conducive to Workplace Violence
Performance indicators of persons being victimized

Developing a Workplace Violence Policy

Who should be involved in designing a Workplace Violence Policy
What would a Workplace Violence Policy encompass
Appointing a Workplace Violence Committee
Duties of the Workplace Violence Committee
Assessing current vulnerabilities and risks
Case management
Critical Response Team
Awareness training

Avoid hiring a problem employee

Negligent hiring and negligent retention
The importance of a pre-employment screening process
Key questions to ask during an interview, designed to recognise the problem employee

Managing the termination process of problem employees

Principle one: Fire the moment there is a legitimate reason to
Principle two: Respect the self worth of the problem employee
Principle three: Keep it short and sweet
Who should terminate
When is the best time to terminate
How to manage threats during the termination process
Post termination policy

Target group:

Corporate companies, hospitals, schools (Especially adapted to schools) 1 day course

White Collar Crime / Psychopaths

Curriculum:

Types of psychopaths
Characteristics of psychopaths
Characteristics of speech
Props that psychopaths use
Prognosis on rehabilitation
Social condoning
Damage control

Target groups: Corporate companies, Police, Judicial services: This module will alert the candidates to typical psychopathic behaviour – the focus is on the manipulative psychopath and not the violent criminal. 1 day

Intelligence Profiling:

Curriculum:

Introduction

Motives

Sources:

Observable characteristics

Leadership

Threats

Dangerous behaviour

Contents analyses

Personality disorders

Body language

Neuro-linguistic programming

Psychometrics

Psycho-analytical psychology

Compiling the profile

Tips

2 Case studies

Target group:

Corporate companies, covert organizations (half day)

Competitive Intelligence:

Curriculum:

Conducting a target analysis

Typical elicitation techniques

Typical defensive intelligence

Target groups:

Corporate companies and Intelligence organizations (half day)

How to Combat Burnout: for Executives

Executive stress is a global phenomenon and called the Health Epidemic of the 21st Century by the World Health Organization. It impacts on insurance and medical aid premiums. We take a practical neuropsychological approach aimed at active intervention.

Curriculum

What is stress – a neuropsychological approach to the stress hormone

Causes of stress

How the brain processes acute stress- thalamus to cortex

Intuition or gut – enteric nervous system and vagus nerve

Brain and body reactions to cortisol

Interventions: Managing acute stress

Chronic stress: brain damage, stroke and heart attacks

Intervention: Chronic stress

Anabolic and catabolic balance

Thermo regulation

Depression

Internet / games addiction

Stress in the Workplace: cost

Target group:

Executives, insurance and medical aid cover, hospital, private individuals. (1 day course)

This course is also one of the neuropsychology based courses.

NEUROPSYCHOLOGY BASED COURSES

Basic Brain

Curriculum:

Brain Anatomy: Discover the engine

Right and Left Hemisphere
Frontal, Parietal, Temporal, Occipital

Topology : Your brain is likened to a three-storey office block

Reptile brain: basement janitors
Medulla oblongata & pons ;
Locus cereleus,
Cerebellum
Limbic system : First floor employees
Hypothalamus,
Nucleus accumbens,
Amygdala,
Thalamus,
Hippocampus
Frontal cortex: Top floor Executives
Medial prefrontal cortex,
Orbito pfc,
Dorso-lateral ofc,
Cingulate cortex

Neurons: Space invaders !

Structure
Neurogenesis
Synaptic discharge and re-uptakes
Neuropaths

Neurotransmitters and Hormones: Meet Aphrodite, Achilles and other Greek mythological figures explain:

Dopamine: function, ingredients, dysfunction
Testosterone: function, dysfunction
Adrenaline: function
Norepinephrine: function
Oxytocin: male and female functions
GABA and Glutamate: work horses
Acetylcholine
Oestrogen
Serotonin
Endorphins: dolphins
Ghrelin and Leptin: control your appetite
Cortisol; Stress wild dogs

Brain Waves: Tune In

High Beta
Beta
SMR
Alpha
Theta
Delta

Target group: Open (half day)

Psychodietics: Change Your Mind About Food

Curriculum:

Introduction: your guard dog against alien attacks

Neurotransmitters and deficiencies: Mental disorders

External approach: medication;

Internal approach: Food for Dopamine, Serotonin, Acetylcholine, Norepinephrine

Mental disorders related to bad nutrition: depression, ADHD, dementias, schizophrenia, bi-polar disorder

Dr William Walsh: Research on Nutrient therapy

Deficiencies in copper/zinc; Vitamin B6 and D; Methyl/Folate, Amino acids, Fatty acids

Nutrient deficiencies causing different depressions

Best Brain Foods

Fish

Nuts

Seeds

Avocado

Blueberries

Dark chocolate

Obesity and Malnutrition

Predisposition – blame it on the gene fallacy

Leptin and Ghrelin – control your appetite

Why diets don't work

The Fallacy of 'comfort food'

How to change your mind about food

The Fallacy of Food Addiction

No element in ANY food causes addiction

Sugar and your brain – destroying neurons

Advanced Glycation Endproducts – dementia

Artificial sweeteners and fructose corn syrup

Real fruit

Real Food:

Macronutrients

Proteins

Good and Bad carbohydrates

Insulin resistance

Glycemic Index

Glycemic Load

Glycation

Fats/ Lipids:

Good and bad fats

Micronutrients

Vitamins: where and why

Minerals: Where and why

Free radicals:

The Terrorists attacking your brain

Anti-oxidants – the combatant force

Microbes: Inside your Belly
Belly brain – enteric nervous system
Healthy gut vs dysbiosis a sick gut
Related mental disorders

Water
Dehydration damaging neurons

Effect of Alcohol on your Brain
Shrinking dendrites
Depleting neurotransmitters

Target group: Open (Full day course)

Understanding Children's Brains:

Curriculum:

EVOLUTION OF THE HUMAN BRAIN

Outcomes: Introduction to the evolutionary process of the human and the functions of the three strata, as well as the mechanism of the neurons. Focusing on the typical slow development of the teenage brain, we spotlight the medial prefrontal cortex – responsible for self-scrutiny-, the dorsal-lateral prefrontal cortex - responsible for considering long term consequences- and the orbito frontal cortex - responsible for inhibiting impulsive risk taking behaviour. We also investigate the nucleus accumbens or so-called thrill centre, to determine what motivates teenagers to achieve and which neurotransmitters and hormones aid them in achieving success. Lastly we look at the cingulate cortex which can explain bullying behaviour and how to address it.

Research: Universities: Osaka; Harvard, Cambridge, Yale, California, Wisconsin, National Institute for Psychological Studies Japan.

Reptilian, Limbic brain and Neo-cortex rational brain
Neurons and neuropaths
Childhood brain development
Teenage brain development
Medial prefrontal cortex – self scrutiny
Dorso-lateral pfc – long term consequences
Orbito pfc – impulsivity
Risk taking and reward
Nucleus accumbens thrill centre
Intrinsic vs Extrinsic motivation
Achievement motivation
Testosterone - Achilles
Dopamine – Aphrodite
Cingulate cortex
Cognitive dissonance and bullying

EMPOWERED TEENAGER

Outcomes: The Brain controls the body, mind and emotions, which are all three inter-connected. We learn how the vagus nerve switches between the sympathetic and para-sympathetic nervous systems; how simple muscle movements such as smiling and posture influence empowering emotions. Regarding the mind connection, we focus on the value of positive talk in embedding positive self esteem and creating winners. On the emotional level we touch on subconscious implicit motivation, the impact of the perception of control and the debilitating effect of powerlessness. We explore cortisol – the Wild Dog stress hormone and its fatal attacks on the body and mind and how to counter it.

We also explore the positive and negative outcomes of Socializing on teenagers. Social evaluative threat, peer pressure and positive achievement based self concept are discussed. We look at Oxytocin, the socializing hormone.

Research: Universities: Michigan, Free University Amsterdam, Columbia, Harvard, NorthWestern, Radbound, California, Dr M Emoto, BBC LAB.

Empowered teenager:

Body connection

Mind connection

Emotional connection

Cortisol: stress hormone debilitating empowerment

Empowerment: Socializing, Oxytocin: socializing hormone

INTELLIGENCE

Outcomes: Is intelligence inherited or incremental and what is the effect of such a belief on an individual's performance? How do we change Helplessly orientated into Masterly orientated students?

Research: Universities California, Pennsylvania, Beacon Hospital Dublin, Virginia Crandall Institute Ohio,

Inherited vs Incremental

Masterly orientated vs Helplessly orientated

MEMORY

Outcome: Memory is a key element to learning. We explore the brain's memory systems regarding sensory, short term, working memory – use-it-or-lose-it principle, and long term memory incorporating explicit conscious, implicit subconscious, declarative, procedural, episodic and semantic. How does the Hippocampus – memory centre function and store memory? Under brain fitness we look at best methods to encode, incorporate and bank information in long term memory. Anxiety and exam blocks are related to sympathetic nervous system activation and how do we teach students to counter this phenomenon?

Research: University of Toronto, Liverpool, Montreal Neurological Institute, Dr S Truter.

Sensory memory

Short term memory

Working memory

Long term memory

Hippocampus memory centre

Brain fitness

BRAIN NUTRITION

Outcome: Which foods are precursors for specific neurotransmitters enhancing optimal brain functioning? Sugar is as addictive and damaging to the brain as drugs. What is the impact of certain food deficiencies upon the personality, academic achievement and general brain functioning of children? How is delinquency directly related to diet deficiencies? Deficiencies of folate, vitamin B6, undermethylation and pyrrole are linked to ADHD, Intermittent explosive disorder, Oppositional defiant disorder, Conduct disorder and Anti-social personality disorder. We also investigate the effects of drugs and alcohol on the brain and neurotransmitters.

Research: Universities Harvard, Dr W Walsh.

Brain food

Diet & Deficiencies

Diet & Delinquency

Effects of drugs on the brain

Effects of alcohol on the brain

Target group: Educational facilities, Teacher training institutions, Parental bodies

2 day course/ workshop

Dr Micki Pistorius is also available as a Motivational Speaker.

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DR MICKI PISTORIUS
Encapsulated curriculum vitae

INTRODUCTION:

Dr Micki Pistorius is a registered psychologist with the Health Professions Council of South Africa.

As a resident of Mauritius she practices globally as an international lecturer, motivational speaker, a psycho-legal psychology consultant, corporate consultant and author of several books. In her psycho-legal capacity she is consulted in child-custody disputes, parental alienation cases as well as criminal cases, where she evaluates, submits reports and testifies in court.

In her capacity as lecturer she has designed and presents a range of courses for the criminal investigation and judicial community; corporate companies, schools and hospitals and her neuropsychologically based courses are open for the public attendance. She is also a motivational speaker at book clubs or other functions.

She serves as external examiner to universities and delivers guests lectures and she is often a radio and television guest.

From 1994 to 2000, as Commander of the Investigative Psychology Unit of the South African Police Service, she spearheaded investigations into many of the most controversial criminal cases in South Africa and has extensive forensic psychological experience.

ACADEMIC HIGHLIGHTS AND TRAINING:

Academic:

Micki Pistorius has five degrees and acquired her DPhil doctorate in psychology from the University of Pretoria in 1996 with the first doctoral thesis in South Africa on serial killers. She completed her Psychology Honor's (1992) and Psychology Master's degrees (1994) cum laude. In 2010 she completed an Honor's degree in Archaeology.

Forensic:

Her training has been extensive. She has completed several training courses that are held in high regard internationally. Among them are:

- The Advanced Threat Assessment Course presented by Gavin de Becker Inc. in Los Angeles (USA). Gavin de Becker specializes in threat assessment and stalking and his clients include judges, Hollywood celebrities and prominent businessmen. She was the first South African to attend this course in Los Angeles.
- The Crime Scene Analysis and Criminal Profiling course presented by retired FBI agents, Robert Ressler and Roy Hazelwood, at the University of Dundee (Scotland).
- The Advanced Interrogation and Interviewing of Serious and Sexual Offenders presented by Tell Academy.

She has been trained in advanced interrogation, interviewing and statement analyses techniques by several accredited international experts such as Mr Avinoam Sapir of the Laboratory for Scientific Interrogation (SCAN) USA and Mr Nate Gordon of the Academy for Scientific Investigative Training, USA and in Stalking and Workplace Violence by Mr Gavin de Becker, Los Angeles.

POLICE CAREER:

Her career features many firsts. Her time spent in the South African Police Services has been no exception. She was the first profiler to be appointed to the South African Police Services in 1994, specializing in serial homicide. She was the first person to initiate the Investigative Psychology Unit of the South African Police Service, founded to profile and investigate serial killers and sexual offenders. She was appointed commander of this unit, held the rank of deputy director, equal to full colonel in terms of rank. During her police career she dealt with more than thirty-five serial killers, several stalkers, serial rapists and other sexual offenders. She was often called upon to deliver expert testimony in the High Court and received several recommendations from judges.

She resigned in 2000 to pursue a career as an independent consultant, private psychologist practitioner, lecturer and author.

LECTURER:

She designed, wrote and presented two courses to train South African Police Services detectives in the investigation, psychology and profiling of serial killers and other sexual offenders.

She has lectured extensively in South Africa and on international podiums. She conducted training of European profilers for the *Centre International de Sciences des Criminelles et Penales* in Paris, France from 1998 to 2005.

She has lectured at the University of Liverpool's 5th Annual International Convention on Criminal Profiling in the UK.

In 2006 she was invited to present a two-week course on serial homicide and related crimes to the Namibian Police.

In 2010 she presented at the International MEISA congress at Sun City and she attended and presented at the APPAC congress in Athens, Greece.

In 2011 she presented interviewing skills for forensic accounting at the University of Pretoria.

In 2012 she lectured on interrogation and profiling to DHC International Fraud detection and to the SA Professional Polygraph Institute on white collar crime.

In 2013 she lectured at the Internal Auditors SA conference, the SA Professional Polygraph Association, the Association of Certified Fraud Examiners, on intelligence profiling and profiling psychopaths.

In 2016 she presented Neuro-psychological approach to victim-rescuer duet, at the APPAC conference in Athens, Greece.

She was also invited by the Premier of North-West, Ms Thandi Modise to present at the province's Round Table Discussion on the Battle against Corruption.

In 2016 and 2018 she wrote and designed neuropsychology courses presented to Schools' Company in Britain, as well as Executive Stress and Psychodietic courses presented to the public.

AUTHOR:

Micki Pistorius is the author of the following Penguin publications:

- *Catch me a Killer: a profiler's true story*, an autobiography on her career as Commander of the Investigative Psychology Unit, SAPS, published in 2000;
- *Strangers on the Street*, a historical review of South African serial killers published in 2002;
- *Fatal Females*, a review of famous South African murderesses, published in September 2004;
- *Profiling Serial Killers and other Crimes in South Africa*, published in November 2005;
- *Skimme in die Skadu, Reeksmoorde 'n profielsamesteller se ware verhaal* published in 2006.
- *A psychological perspective on men's views on relationships* 2016. www.heroes-warriors.com

She regularly writes articles for various South African magazines and newspapers and has been a reality crime tv presenter on several South African and international television stations as well as Crime Investigation Channel. She has conducted countless media interviews to the South African as well as the international press, including the SABC, M-Net, Radio 702, BBC, Canal +, French national news, "Frei Dossier" in Hungary and Nippon, Japan. She is editor and author coordinator at www.ancient-origins.net and the Ancient Origins Magazine.

Academic publications include:

- *'n Kruisevaluering van die teorieë rondom die Oedipuskompleks aan die hand van 'n gevallestudie.* University of Pretoria, MA Thesis 1993
- *Entering the positive Oedipus position – a different perspective.* Propersona, vol 4 no 2 p 1-5
- *A Psycho-analytical approach to serial killers.* University of Pretoria, D Phil Thesis, 1996
- *Forensic Criminalistics: Crime Scene as information source.* Co-author, chapter 2. 1996

MEMBERSHIP

Awaiting: Allied Health Professional Council (AHPC) - Mauritius

Registered at Health Professions Council of SA

Société des Professionnels en Psychologie l'île Maurice

South African Society for Clinical Hypnosis

Psycho-legal peer review group, Pretoria

Mensa – Pretoria Gauteng

Who's who in South Africa

Neuropsychological Association of SA.

Please visit www.mickipistorius.co.za for more information and comprehensive cv's.

