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Deadly Family Shootings - Will Disturbing Trend Emerge with Economic Down Turn? What Can Be Done?

In California, a man shoots and kills his wife, three children, mother-in-law and then himself. In Kentucky, a woman stabs and kills her two young daughters and then shoots herself. Former FBI Special Agent in Charge Michael Tabman discusses this disturbing trend.

OVERLAND PARK, KS, October 09, 2008 **/24-7PressRelease/** -- Another horrific crime has taken place in California with the murder of a family and then a suicide. A man distressed over his financial troubles was pushed beyond his ability to cope. Unfortunately, this is not a new phenomenon or one that will pass into a distant, dark memory. Had this man gone to his former place of employment and engaged in a shooting, this event would have matched the numerous workplace shootings precipitated by a loss of a job and the overbearing stress manifesting itself in domestic violence and then suicide. On many occasions, the perpetrators of school and workplace violence first killed family members before embarking on their rampage.

Michael Tabman, a retired FBI Special Agent in Charge, and now a security consultant was recently interviewed by the Kansas City Star about workplace violence. Tabman cited job loss and marital problems as possible triggers for these tragic events. "With our economic futures looking more and more uncertain, stress and anxiety will rise, and peoples' conduct will become more unstable and unpredictable. Anybody can be pushed to a point at which they no longer can control their emotions and actions," Tabman stated while warning that increased levels of such violence should be expected as lay-offs continue and nest eggs are wiped out. The key is vigilance and watching for the warning signs. Often, perpetrators of school and workplace violence communicate their intentions, but are not taken seriously by their peers and colleagues. "Listen to them, and take what they are saying seriously," Tabman warned.

In Kentucky, a woman killed her own daughters and then herself. While we do not know the reasons behind this tragedy, this woman may have also experienced a life changing event that was beyond her ability to cope. Killing their own families before taking their own lives highlights the complete breakdown of their emotions and thought process. "This is not to excuse anybody's actions, but to emphasize that when someone we know is experiencing unbearable stress, recognizing changes in behavior that may lead to these tragedies, may allow us to intervene and avert such needless loss of life," Tabman said. "We must remember that what constitutes "unbearable" stress can only be seen through the eyes of those experiencing it."

Tabman's company, SPIRIT Asset Protection, LLC consults with businesses on workplace violence issues, helping them plan and train their staff. More information can be found on their web site: www.spiritllc.biz or by calling 913-499-0260.

About SPIRIT Asset Protection, LLC

SPIRIT Asset Protection, LLC specializes in security consulting, pre-employment screening and investigations. Visit their web site at www.spiritllc.biz or call 913-499-0260.