

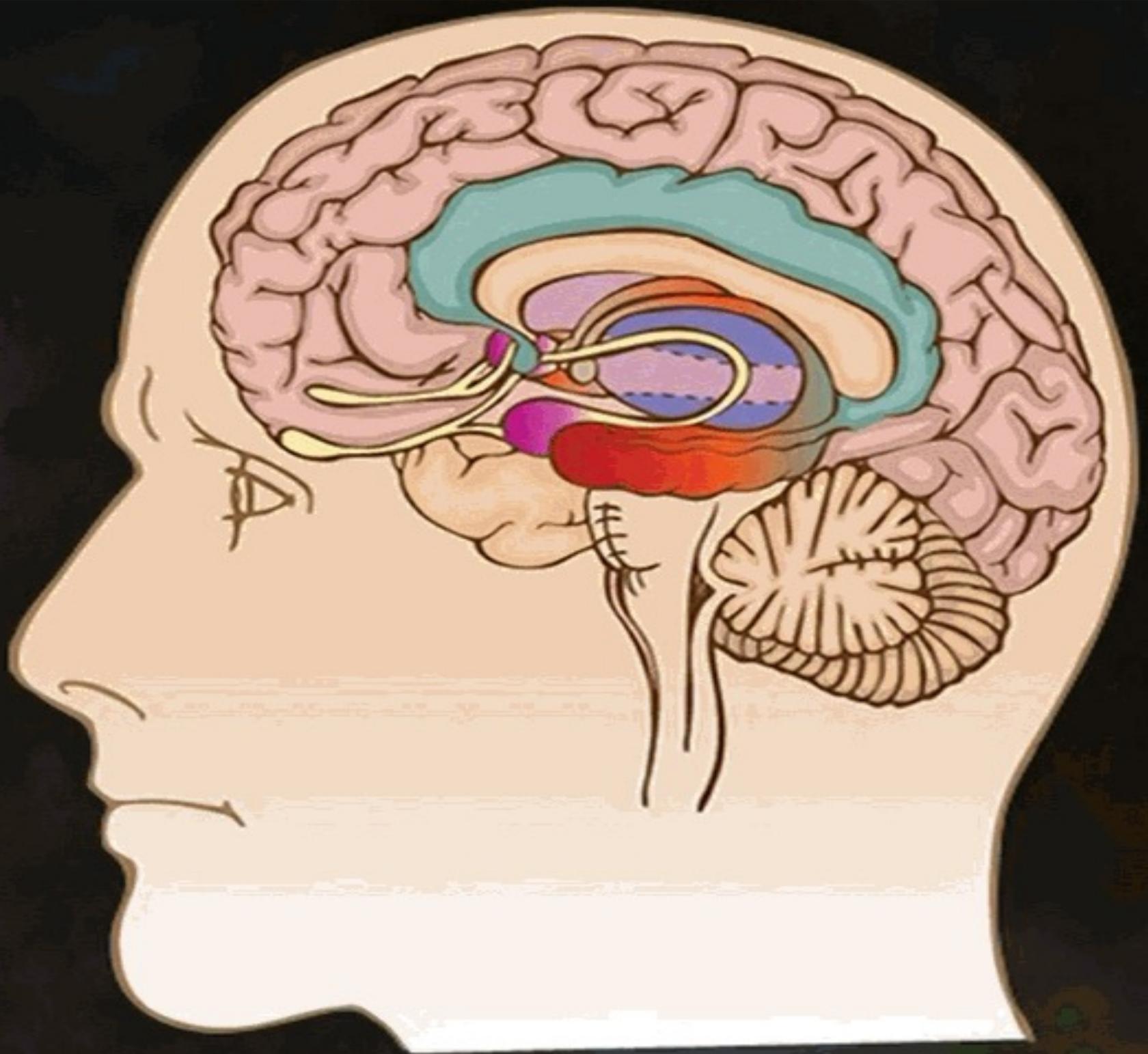
De-Escalation with Students: Part II

Matt Buckman, Ph D
Stress & Trauma Treatment Center

Why is my student like this?

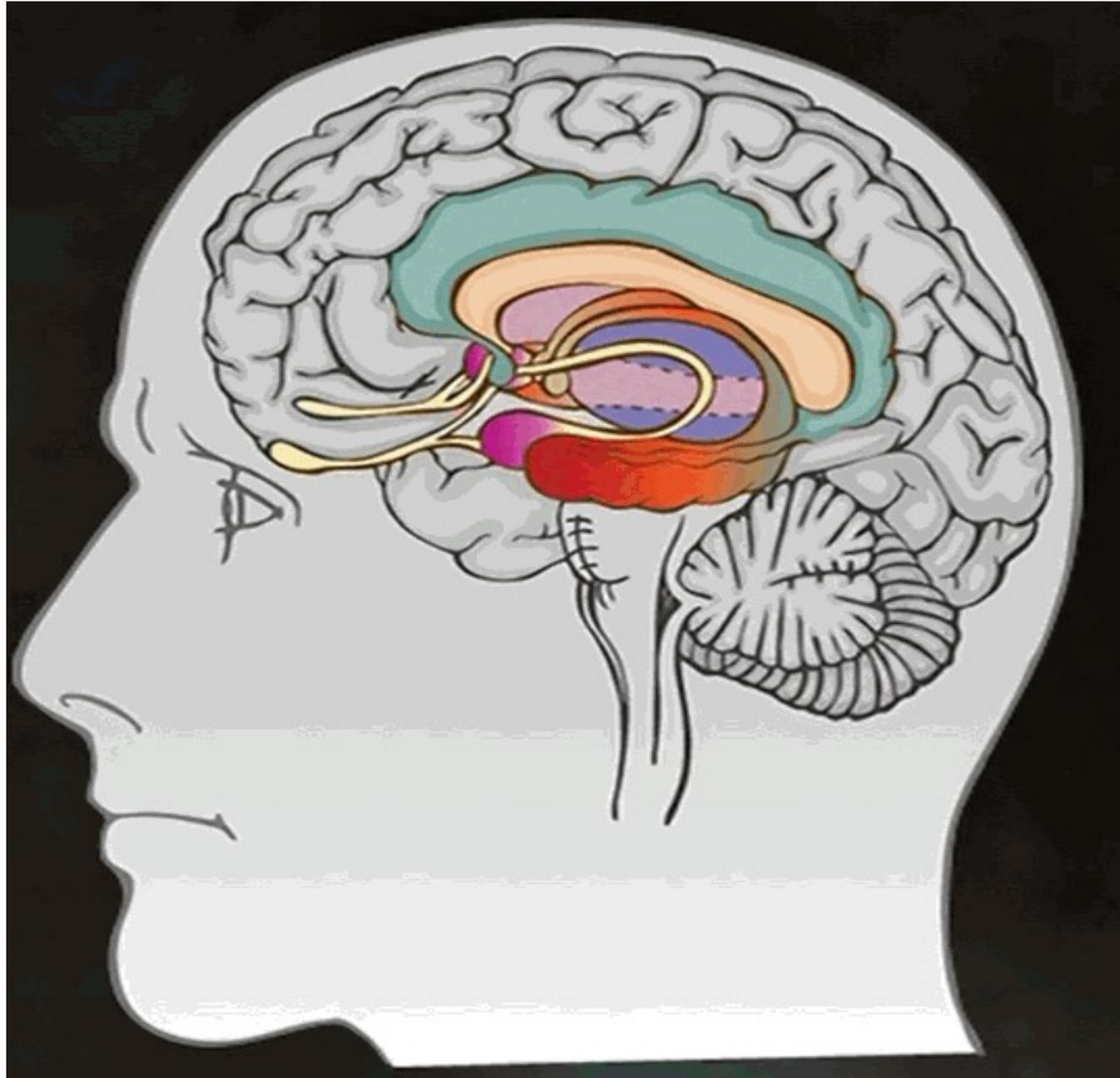
- Genetics
 - Nature's version of revenge
- Temperament
 - They were born that way!
- Environment; Parenting
 - Cause or reaction?

What Can We Do To
Help?





The Limbic System



The Cerebral Cortex



CPI Top 10 De-Escalation Tips

Be Empathic and Nonjudgmental

Do not judge or be dismissive.

Respect Personal Space

Use Nonthreatening Nonverbals

Be mindful of your gestures, facial expressions, movements, and tone of voice.

Keep Your Emotional Brain in Check

Remain calm, rational, and professional

Focus on Feelings

Watch and listen carefully for the person's real message. Try saying something like "That must be scary."

Roll with Resistance/Ignore Challenging Questions

Ignore question, not the person. Bring their focus to solve the problem.

Set Limits

As a person progresses through a crisis, give them respectful, simple, and reasonable limits.

Be clear, speak simply, and offer the positive choice first.

Choose Wisely What You Insist Upon

Three Buckets - later

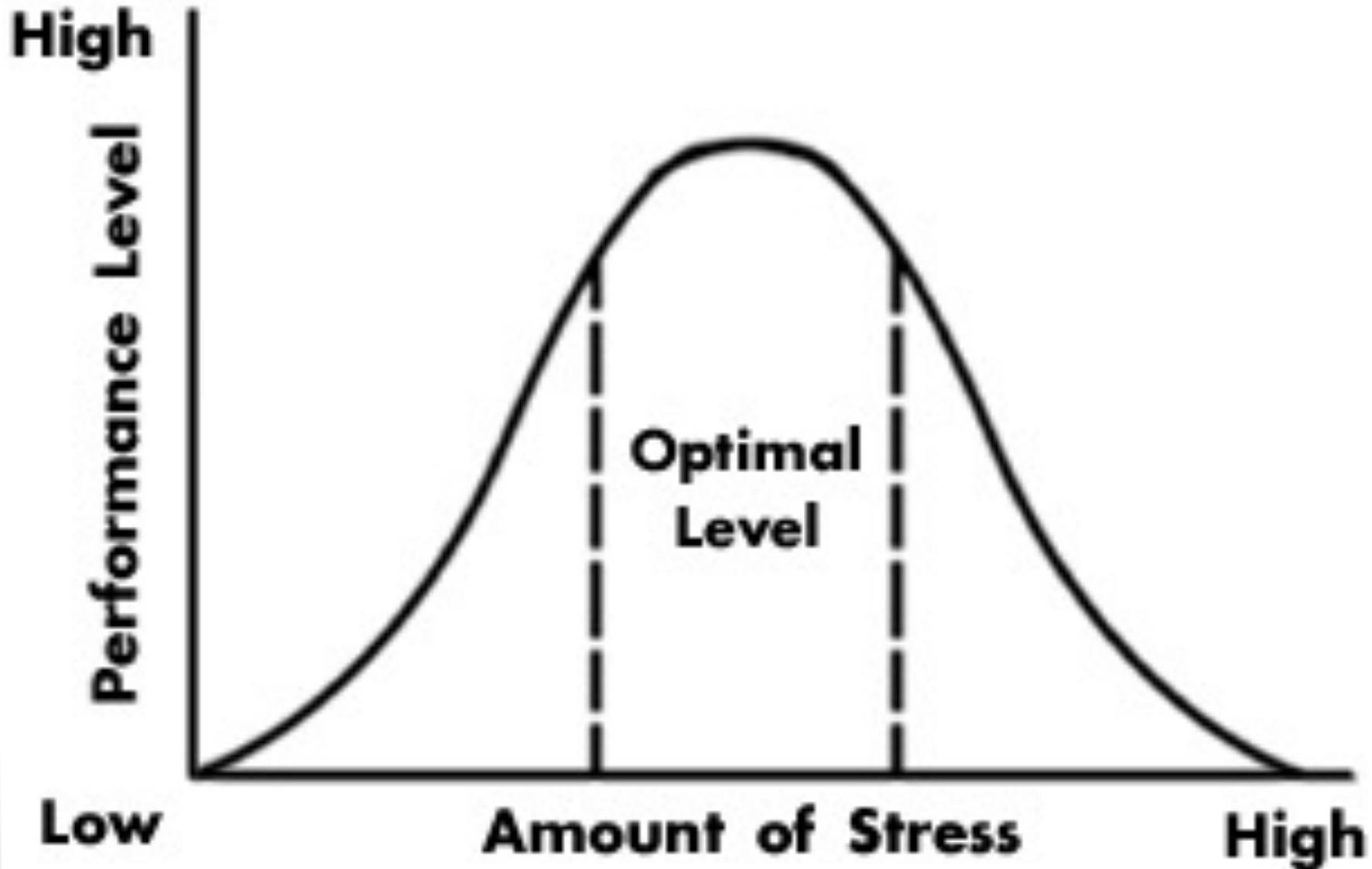
Allow Silence for Reflection

Allow Time for Decisions

What we can do to keep the “CEO” working

- Calm tone – (dispassionate cop)
- Slow pace
- Physical position and size
- Teach or allow “cool down” time
- Location of door/cornering
- Model relaxation skills
- “Hangry”
- Multisensory activity

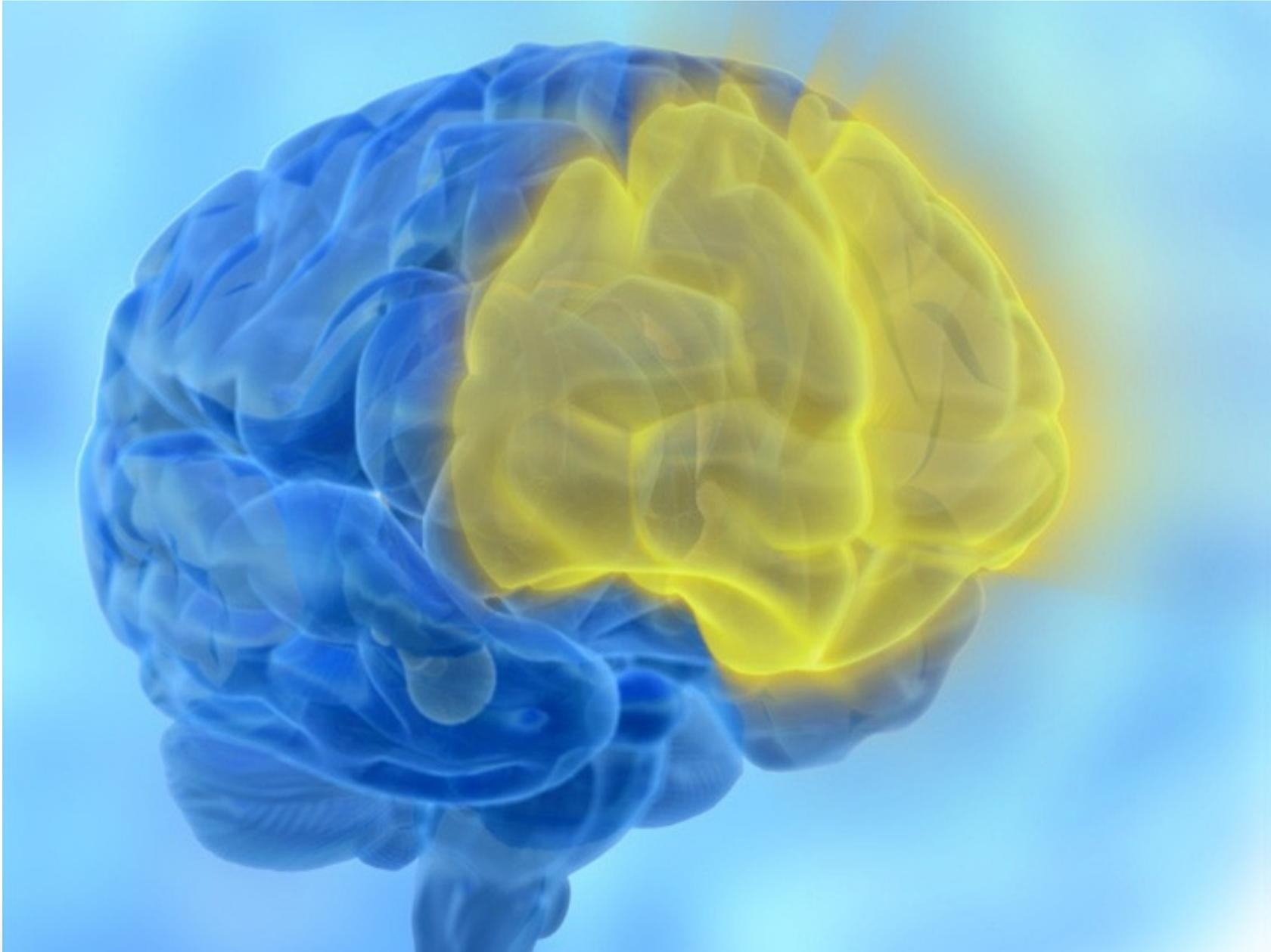
Goldilocks Rule/ Therapeutic Window



Manage Our Emotions

- Don't be (act) emotional
 - Nobody thinks clearly when emotional
 - Modeling the very thing we're asking children not to do
 - Use scripts, role-plays, practice
- Don't take it personally
 - Despite what they might say ("I hate you!")

How to Strengthen the CEO: Person Names the Emotion



Teach Them Hard Lessons

- Providing consequences will not result in your child hating you...
- Many parents want to avoid having their children suffer
 - Children need to experience that actions have consequences
 - It's much better if they learn this lesson from a caring parent than "life"

Create Rules & Policies

RULES AGAINST BULLYING

- 1. WE WILL NOT BULLY OTHERS!***
- 2. WE WILL TRY TO HELP STUDENTS WHO ARE BULLIED!***
- 3. WE WILL INCLUDE STUDENTS WHO ARE LEFT OUT!***
- 4. IF WE KNOW SOMEONE IS BEING BULLIED, WE WILL TELL AN ADULT!***

Teaching Skills

- Direct teaching of skills
- Create opportunities to practice
 - Pre-teach
 - Prompt
 - If....., then.....
 - When....., then....
 - Reward
- Model skills
- Experience is the best teacher

Teach & Use Replacement Skills

- Assertiveness
- Negotiation
- Naming Emotions
- Accepting Feedback
- Asking Permission
- Asking for Help
- Problem Solving
- Relaxation
- Emotional Timeouts/breaks
- Distraction
- Other Coping Skill

How to Address Behaviors & Strengthen the CEO



Reminder: Change Happens Slowly



