



## DE-ESCALATION

This program trains participants in effective De-escalation skills from a variety of perspectives. Lessons learned about assessing, intervening, and monitoring the effectiveness of de-escalation will be reviewed. Participants will learn recent developments in the psychology of extreme escalation. We will also focus on the mental preparation skills that can lead to effective intervention under stress. Skill based scenario training will be used to increase participants confidence in their ability to effectively intervene with those in extreme crisis. The program is designed for those who serve on the front line including public safety, first responders, health care providers, mental health professionals, crisis workers, and social service professionals.

### **Program Highlights:**

- \*The demand for effective De-escalation skills
- \*Introduction and overview of the crisis escalation process
- \*Recognizing early warning signs of escalation
- \*Safety concerns : Recognizing signs of impending violence
- \*Mental Preparation to intervene effectively
- \*Verbal De-escalation Techniques – Listening and Responding
- \*Assessing key themes driving the escalation
- \*Problem solving under stress
- \*Trauma-Informed De-escalation
- \*States of mind and De-escalation: What we know about changing states



International Critical Incident Stress Foundation, Inc.

**Prerequisites for Participation in the Approved Instructor Candidate Program:**

- \*Instructor status in Assisting Individuals In Crisis
- \*Certificate of completion for De-escalation Skills for the Front Line: A Practical Approach regular course certificate of completion
- \*Letter describing your past de-escalation experience and how you plan to use this training
- \*Letter of recommendation/endorsement from a local, state or regional CISM team or agency/ institution dated within three months of application due date.
- \*Letter of recommendation/endorsement from a local, state or regional CISM coordinator or clinical director dated within three months of application due date.
- \*A brief statement outlining:
  - Your crisis intervention/CISM experience
  - Active membership on a crisis intervention team
  - Your instructional experience
  - Reasons for applying for ICISF Approved Instructor Training.
- \*Completion of the CCISM Certification of Knowledge Exam. <https://cismcertifications.org>
- \*Optional "CISM: A Practical Review" can be purchased here <https://cismbookstore.com>