



Parent Training
October 24, 2013

Prevention and De-escalation

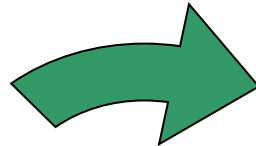


Goals For The Day:

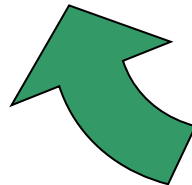
- To learn prevention and de-escalation techniques to help with your child.
- To ensure the best *care, welfare, safety and security* at any given moment.

Integrated Experience

The behaviors and attitudes of parents affect the behaviors and attitudes of their children.



and



The behaviors and attitudes of their children affect the behaviors and attitudes of parents.

Integrated Experience

The behaviors and attitudes of parents effect the behaviors and attitudes of their children.

Crisis Development

1. Anxiety

A noticeable increase or change in behavior.

Parent Attitudes

1. Supportive

An empathetic, nonjudgmental approach attempting to alleviate anxiety.

Integrated Experience

The behaviors and attitudes of parents effect the behaviors and attitudes of their children.

Crisis Development

Parent Attitudes

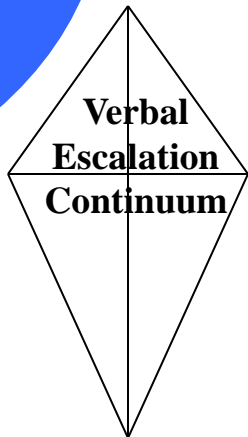
2. Defensive

The beginning stage of loss of rationality.

* Verbally acting out.

2. Directive

An approach in which a parent takes control by setting limits.



Integrated Experience

The behaviors and attitudes of parents effect the behaviors and attitudes of their children.

Crisis Development

3. Acting out person

Total loss of control;
danger to self or others.

*Physically acting out

Parent Attitudes

3. Nonviolent physical crisis intervention

Safe, non-harmful control and restraint techniques used to control an individual until they can regain control of their own behavior.

A LAST RESORT

Integrated Experience

The behaviors and attitudes of parents effect the behaviors and attitudes of their children.

Crisis Development

4. Tension reduction

Decrease in physical or emotional energy.

Parent Attitudes

4. Therapeutic rapport

An attempt to re-establish communication.

Non Verbal Behavior



Proxemics (personal space):

Average personal space is 1 ½ to 3 feet. Many factors affect the amount of personal space needed (gender, size, culture, family, etc.)



Kinesics (body language):

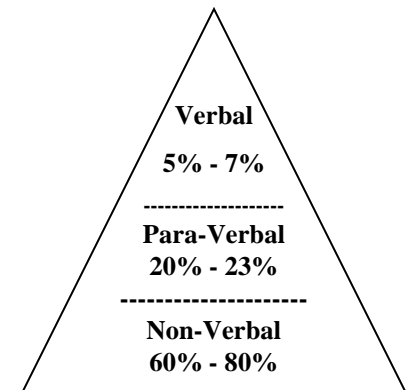
Includes facial expressions, gestures, posture, and movements.
Can escalate or de-escalate a given situation.



Para Verbal Behavior

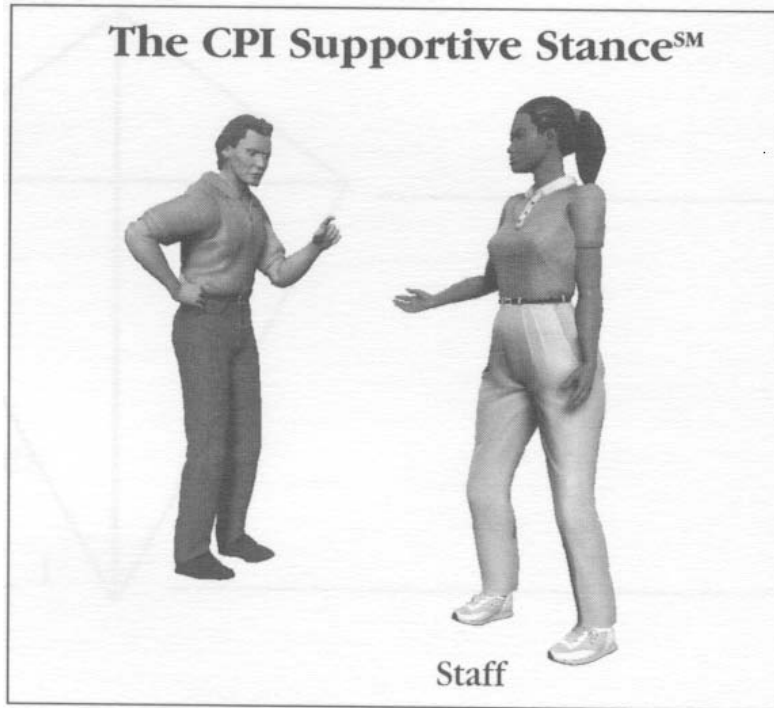
Voice (tone/volume/cadence):

The vocal part of speech, excluding the actual words one uses.



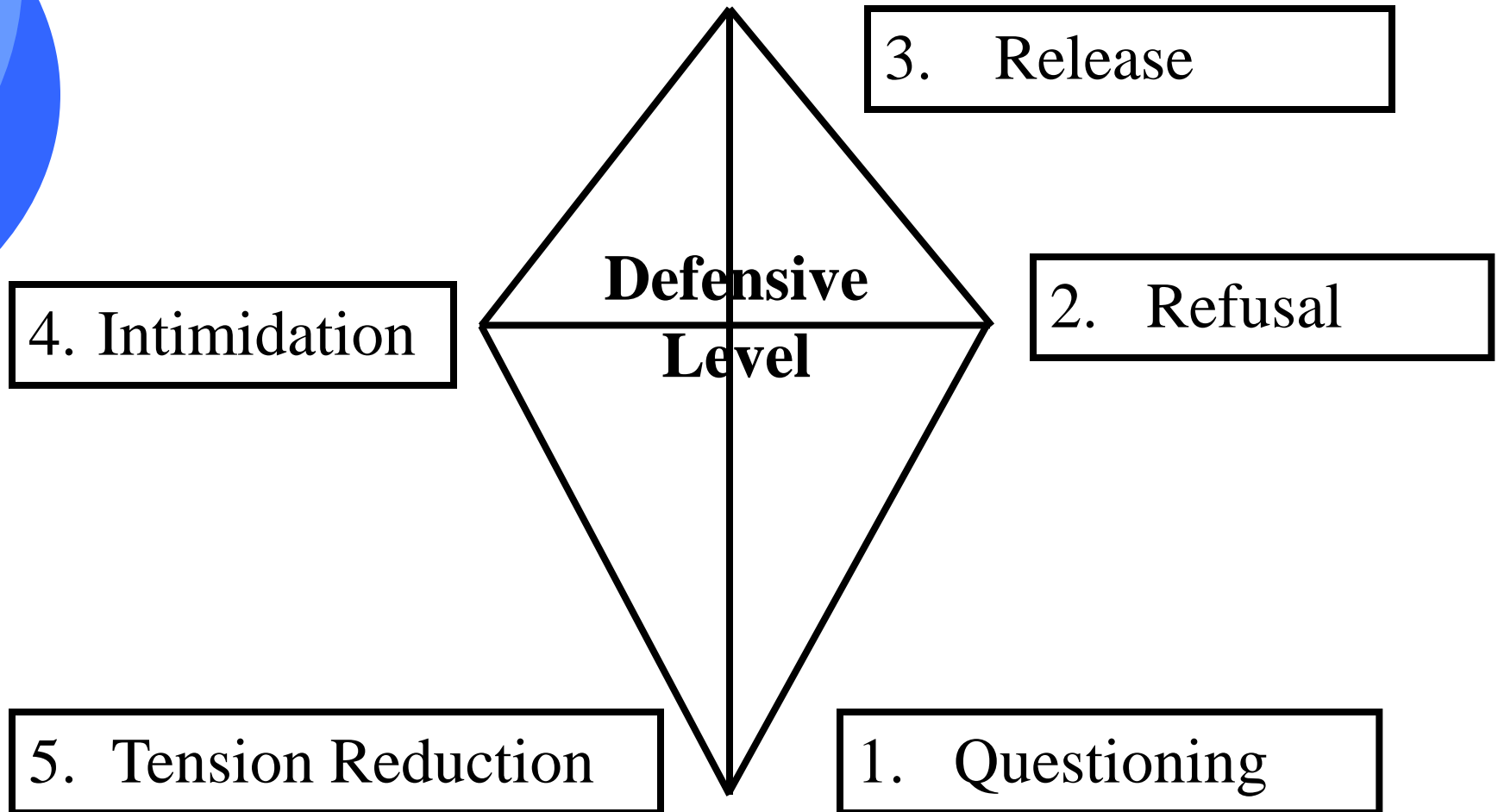
Reasons for Using CPI

Supportive Stance

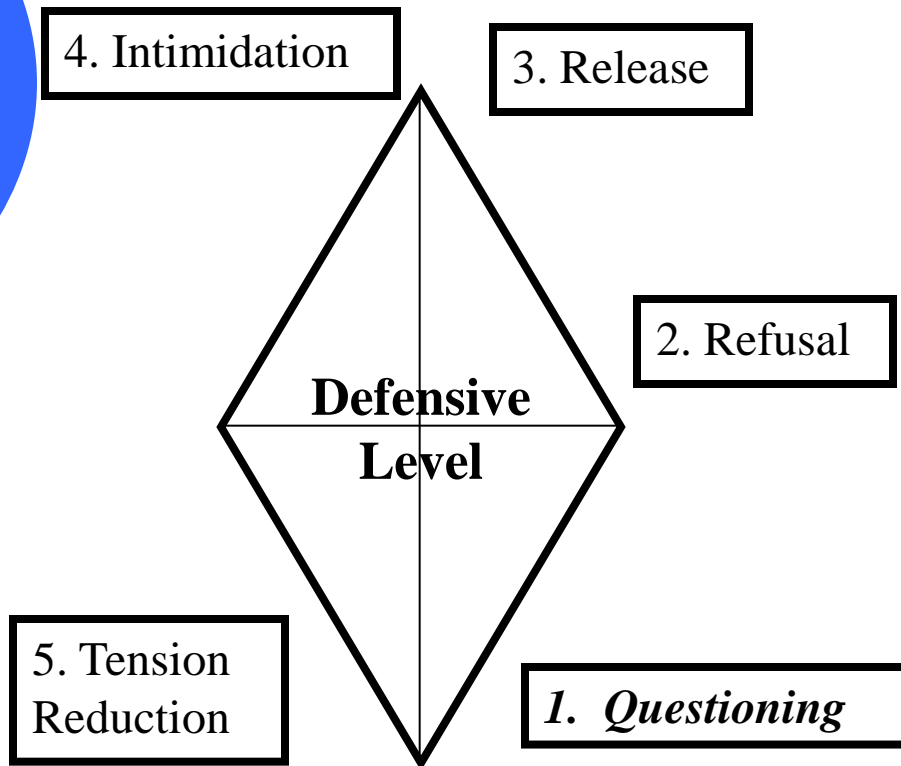


1. Communicates respect by honoring personal space.
2. Non challenging and non threatening
3. Contributes to parent's personal safety.

Verbal Escalation Continuum



Verbal Escalation Continuum



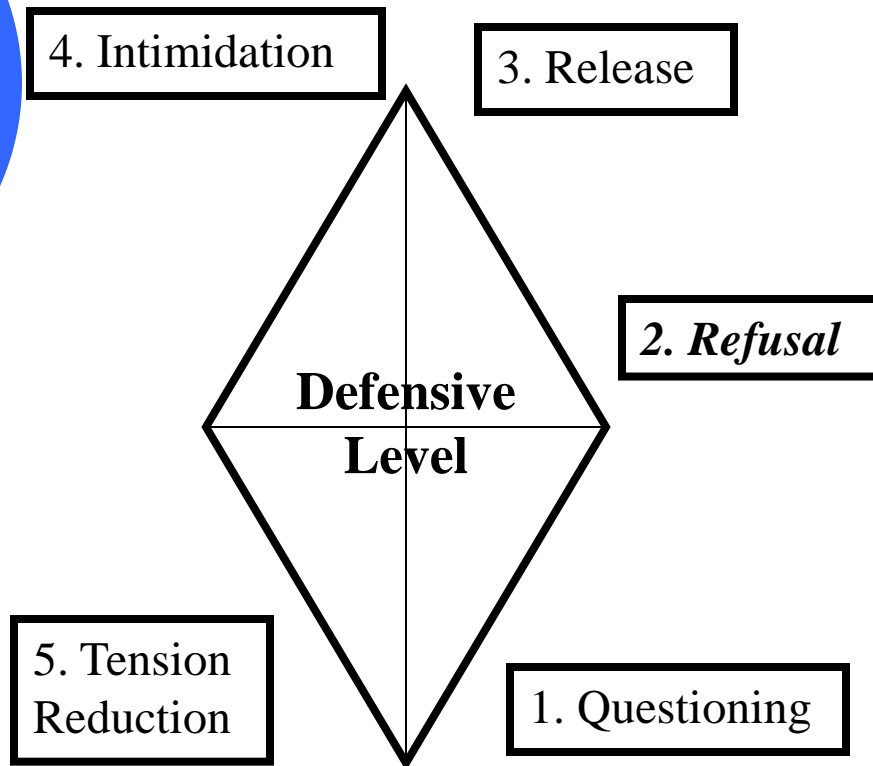
Questioning

- Information- seeking: a rational question seeking rational response
- Challenging: questioning authority or being evasive

Intervention

- Give a rational response
- Stay on topic (redirect), set limits if individual persists

Verbal Escalation Continuum



Refusal

Noncompliance, slight
loss of rationalization

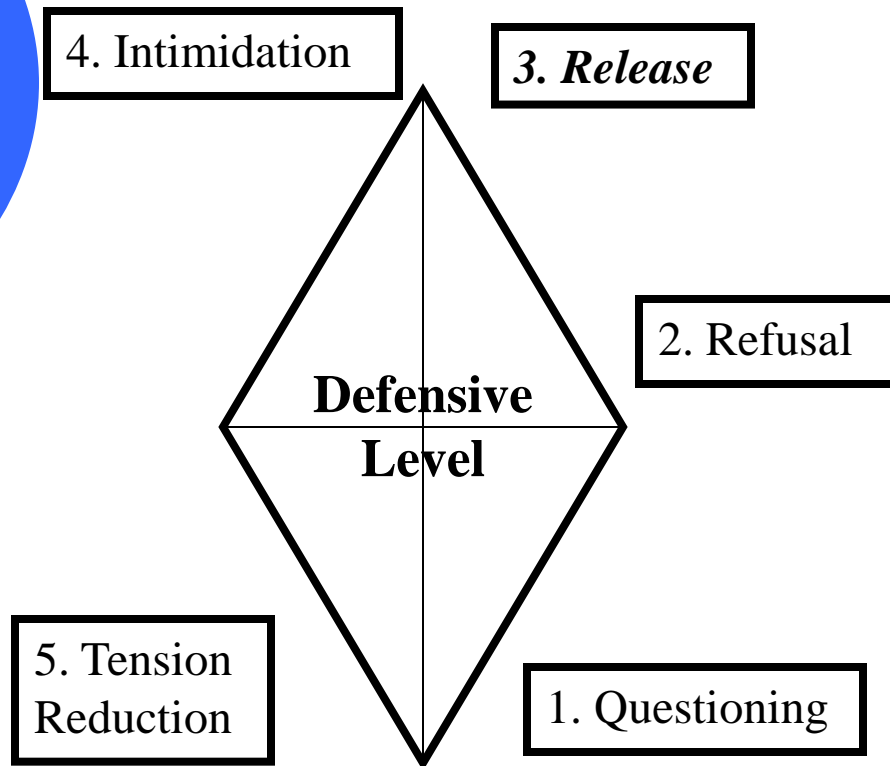
Intervention

Set limits

Keys to Setting Limits:

- Clear
- Concise
- Enforceable

Verbal Escalation Continuum



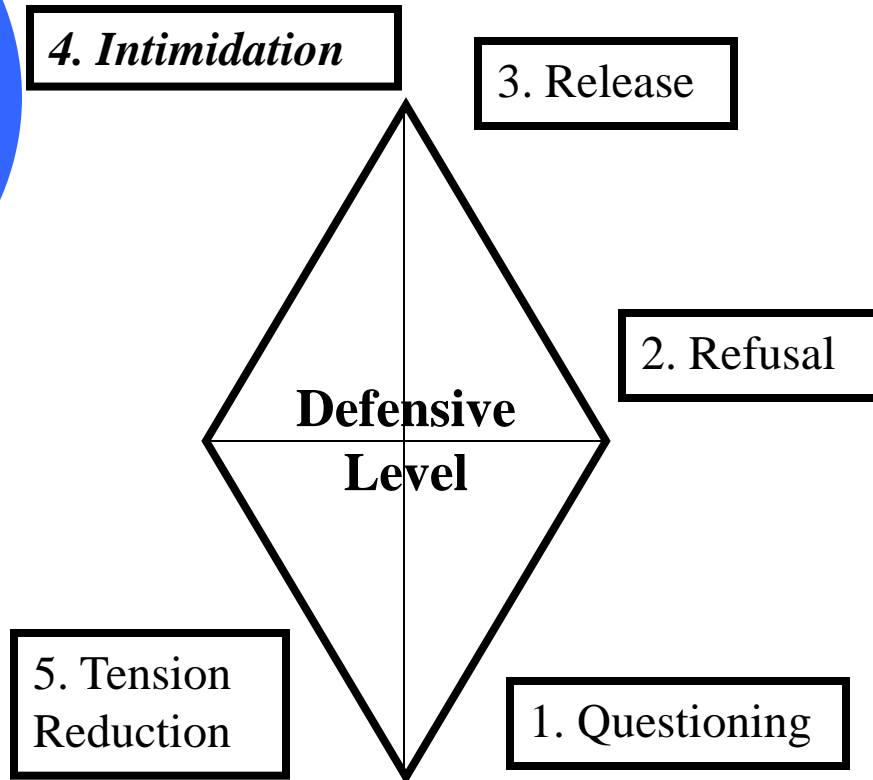
Release

Acting out, emotional outburst,
loss of rationalization

Intervention

Allow venting, remove your
child, listen to message

Verbal Escalation Continuum



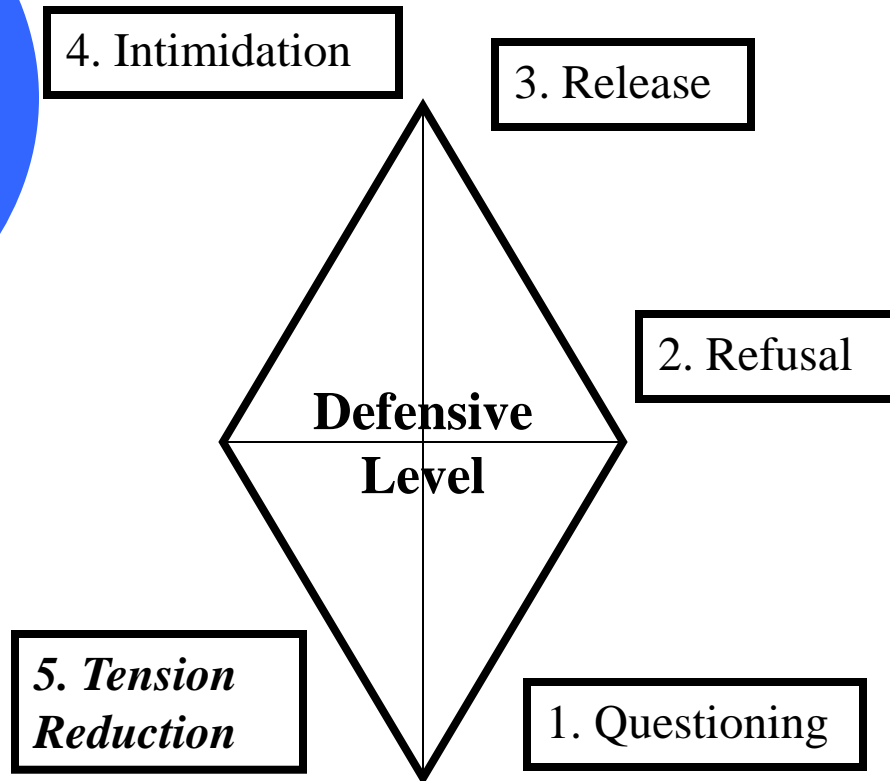
Intimidation

Child is verbally and/or nonverbally threatening

Intervention

Ask for help from someone else (other parent or another trusted adult)

Verbal Escalation Continuum



Tension Reduction

Drop in energy which occurs after every crisis

Intervention

Therapeutic Rapport
Reestablish communication
using “COPING” Model



Keys to Setting Limits

1. Explain which behavior is inappropriate
2. Explain why the behavior is inappropriate
3. Give reasonable consequences
4. Allow time
5. Be prepared to enforce your consequences

Verbal Intervention

Verbal Intervention Tips and Techniques

Don't

1. Overreact
2. Get into a power struggle
3. Make false promises
4. Fake attention
5. Be threatening
6. Use jargon (tends to confuse/frustrate)

Do

1. Remain calm
2. Isolate the situation
3. Enforce limits
4. Listen
5. Be aware of non-verbals
6. Be clear and concise

Empathic Listening



1. Be nonjudgmental.
2. Give undivided attention

3. Listen carefully to what your child is really saying.

4. Allow silence for reflection.

5. Use restatement to clarify.





Precipitating Factors

Internal or external causes of an acting-out behavior over which a parent has little or no control.

Understanding precipitating factors can help parents to:

- Prevent acting out behavior by being **proactive**
- Recognize that we are seldom the cause of the acting-out behavior
- Avoid becoming a precipitating factor ourselves



Rational Detachment

Ability to stay in control of one's own behavior and not take the acting-out behavior personally.

- Parents may not be able to control precipitating factors, but they can control their own response to the acting-out behaviors.
- Maintain a calm attitude
- Find positive outlets for the negative energy absorbed during a crisis



Integrated Experience

The concept that behaviors and attitudes of parents impact on behaviors and attitudes of their children.

What is the value of learning how parent and child attitudes correspond?

- Helps us to avoid overreacting and under reacting
- Helps to intervene early and appropriately
- Helps us to avert crisis

CPI COPING Model

Parent

Child

Back under physical and emotional control

Control

Back under physical and emotional control

Gather the basic facts of the incident

Orient

Gather the basic facts of the incident

Review parent responses to crisis situations

Patterns

Look for patterns of past behavior

Look for ways to strengthen parent responses to crisis situations

Investigate

Alternatives to the inappropriate behavior and available recourses

Agree to changes that will improve future interventions

Negotiate

Negotiate a contract with your child.
Instruct alternative behaviors

Provide support and encouragement.
Express trust and confidence in each other

Give

Give them back responsibility, support and encouragement

Fear/Anxiety

Unproductive	Productive
<ol style="list-style-type: none">1. Freezing2. Overreacting3. Responding inappropriately	<ol style="list-style-type: none">1. Increase in speed and strength2. Increase in sensory acuity3. Respond more quickly

Ways to control fear and anxiety:

- Understand what makes us afraid
- Learn techniques to protect ourselves and acting out person
- Use team approach
- Learn techniques to control out of control person safely but always try de-escalation techniques first

Personal Safety Techniques

Strike	Grab
Punch	Bite
Kick	Choke
Spit	Pull Hair
Throw	Pinch

Strike: object moving toward and making contact with a target.

Grab: attempt to control or destroy a part of someone's anatomy.

Principles of Personal Safety

Strike:

1. Block
2. Move



Grab:

1. **Physiological** - weak point, leverage, momentum
2. **Psychological** - stay calm, plan, element of surprise

CPI Personal Safety Techniques

Exercises

1. Punch Block
2. Kick Block
3. Grab Release
 - a. one- hand wrist grab release
 - b. two- hand wrist grab release
 - c. one-hand hair pull
 - d. two-hand hair pull release
 - e. front choke release
 - f. back choke release
 - g. bite release