

De-Escalation Skills Part 2

Interaction Model, Blending, and Self-Care

Rural Teleconference for ACRF

Jonathan Bower

Training Specialists at Denali Family Services

Left blank for notes:



<p>Therapeutic Approach</p> <p>I win, You win</p> <p>You're worth my time and energy</p> <p>You're important</p> <p>You can....You're competent</p> <p>Assertive</p> <p>Influencing</p> <p>Nurturing</p> <p>Regarded Self</p> <p>Someone cares about me</p> <p>Wanted, appreciated, loved</p> <p>Connected and Safe</p> <p>Secure, Competent</p> <p>Caring, Invested</p> <p>Open, Self-confident</p> <p>Cooperative, Assertive</p>	<p>Every Interaction</p> <p>Messages</p> <p>Styles</p> <p>Identity Development</p> <p>Experience of Self</p> <p>Expression of Self</p>	<p>Exploitive Approach</p> <p>I win, you lose</p> <p>You're worth nothing</p> <p>You can't do anything right</p> <p>You can't, you're incompetent</p> <p>Aggressive/Passive Aggressive</p> <p>Demanding, Abusive</p> <p>Disregarded Self</p> <p>No one cares about me</p> <p>Unwanted, unappreciated, Unloved</p> <p>Alone and threatened</p> <p>Fear, hurt, anger</p> <p>Nonchalant, uncaring tough guy</p> <p>Watchful, hypersensitive to rejection</p> <p>Aggressive, verbally and or physically</p>
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Blending

- Based in the principles of “Aikido”
- Japanese characters for the “Ai” translate to English as “Blending” and Harmony”
- The “Ai” is represented on the cover of the participant manual
- Align and blend with the youth
- Effective with nonverbal, verbal, and physical interactions

Nonverbal Blending Techniques

1. **Show a neutral face**
2. **Examine personal space**
3. **Arms down to the side or in front**
4. **Hands open and relaxed**
5. **Look at the person**
6. **Take slow, deep, easy breaths**

Verbal Blending Roadblocks

- Ordering
- Threatening
- Preaching
- Lecturing
- Providing Answers
- Giving Advice
- Judging
- Excusing
- Diagnosing
- Teaching
- Prying

Verbal Blending Behaviors

1. Be aware of feelings underlying the youth's statement
2. Maintain assertiveness, avoid misusing power
3. Choose responses that are thoughtful and helpful
4. Keep in mind the goal: De-escalation
5. Responses are appropriate to age and developmental level

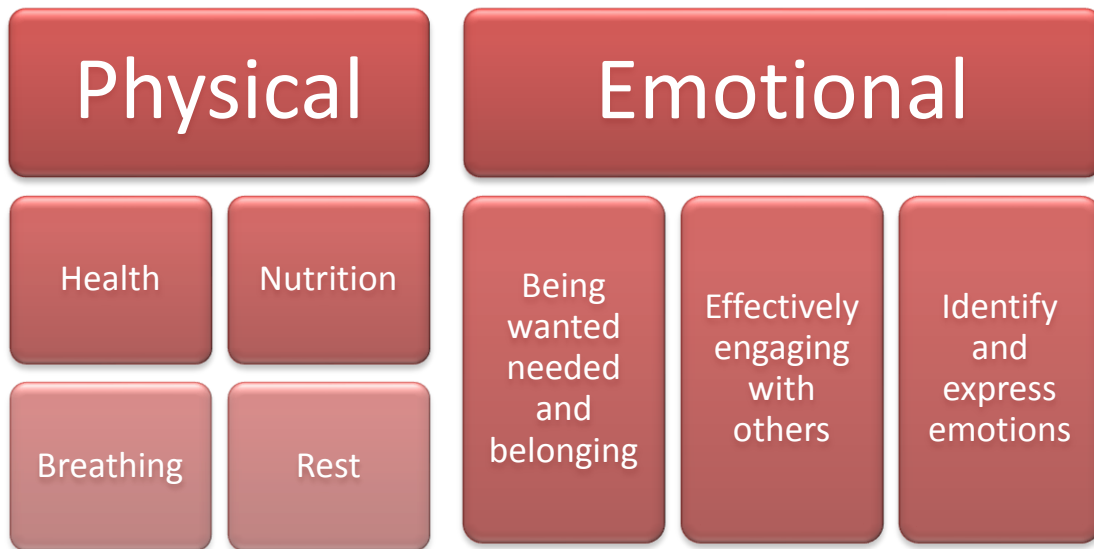
Verbal Blending Techniques

1. Say name with a calm, low voice
2. Pay attention to the following aspects:
 - Voice Tone
 - Voice Speed
 - Voice Volume
3. Use genuine non-judgmental statements or questions to explore feelings and concerns

Roadblocks to De-escalation

- Arguing
- Bullying
- Yelling
- Being inflexible
- Being sarcastic
- Making situation "personal"
- Ignoring initial signs of crisis
- Threatening, using authority
- Aggressive tone of voice
- Ridiculing/putting down
- Ignoring issues or complaints
- Discounting feelings or thoughts
- Ignoring self-control the person exhibits

Managing Our Bodies and Emotions



Areas of Involvement

