

**T.A.T.E. & Associates**  
**Training Alternatives for Therapeutic Excellence**

Title: De-escalation in the Modern Day: What We Now Know

Objective: The workshop will provide current philosophies, strategies, and tools to facilitate a framework for crisis intervention. Specifically, the presenter will provide tools for attendees to de-escalate a person in crisis to their behavioral, cognitive, and emotional baselines; this will allow the person to utilize more rational thinking and engage in problem solving.

**Agenda**

*Getting on the Same Page: Mental Health Issues, Trauma, & Adverse Experiences*

*Setting the Stage: Therapeutic Relationship, Empathy, Self –Talk, & Expectations of the Environment /Setting*

*Intervention Strategies: Attunement, Intention, Interventions*

*Framework: Neuro-biologic Sequence of Engagement (Bruce Perry), The 3 R's (Regulate, Relate, & Reason)*

*Crisis Communication: Non-verbal Techniques*

*Stress Model of Crisis: Definition & Applications*

*Problem solving for Future Struggles/Dysregulation*