



Real World De-Escalation

4 Hour Webinar

Outline

Blue to Gold Law Enforcement Training
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Learners:

In-service training for certified law enforcement, including patrol, investigations, and specialty units.

Length of Instruction:

Half day, 4 hours total.

Goal:

Help officers remain in control, especially when dealing with high stress situations. Give officers common sense, practical tools that prevent situations from escalating and creating elevated use of force encounters

Objectives:

1. Identify an escalating situation before it escalates to a use of force situation.
2. Discuss what language to use, how to talk to a distressed person.
3. Demonstrate to the class how to remain calm in a stressful situation.

Module One: Course Introduction – 15 minutes

1. Instructor introduction.
2. Explain the course objective.
3. Explain course expectations.
4. Cover course disclaimers.
5. Discuss report writing goals.
6. Go over how much agencies pay per year in liability lawsuits.

Module Two: You are a Professional – 40 minutes

1. Explain that since the public considers you a professional, they have higher expectations about your performance.
2. Discuss the hierarchy of risk.
3. Discuss the hierarchy of knowledge.
4. Compare law enforcement to lawyers, with the point that both are professionals.
5. Explain how professionals have an attribute of “contagious calmness.” This means that

6. There are three benefits for contagious calmness:

- ☐ Better decisions;
- ☐ Calms others around you;
- ☐ They also make better decisions.

Explain sympathetic emotion, and the three techniques to prevent it:

- ☐ Tactical breathing;
- ☐ Don't yell;
- ☐ Have the mindset of an actor.

8. Explain why professionals can be prone to losing their cool when they do not take care of themselves.

Break 15 minutes

Module Three: Some People Can't Self-Regulate- 40 minutes

1. Explain how some people can't self-regulate.
2. Explain why some people can't self-regulate.
3. Discuss why people who can't self-regulate enter into flight, fight, freeze mode.
4. Explain how self-regulation can be trained in law enforcement.
5. Explain how childhood trauma affects a person's adult self-regulation.
6. Finally, explain the factors that push a person into crisis.

Module Four: Non-escalation – 60 Minutes

1. Explain that the best way to invoke de-escalation is to first not needlessly agitate the person.
2. Describe that the best way to non-escalate is to remain calm. This is vital.
3. Describe another way to non-escalate is to treat people with respect.
4. Describe another way to non-escalate is to explain why you want something done.
5. Explain that another way to non-escalate is to not take anything personal.
6. Finally, explain that you should use command and demand for serious safety issues.

Module Five: Help People Restore Self-Regulation - 75 minutes

1. First, explain that de-escalation only works for people not actively treating you with aggression.
2. Next, explain the I.N.S.E.R.T. model.
3. First, explain that officers should identify the behavior, so they know what they are getting into.
4. Next, officers should make a needs assessment. Basically, every person in crisis has a need.
5. Explain techniques on how officers can safely approach a person in crisis.
6. Describe how the officer should engage the person. Officers can use the I.R.P.D. method.
7. Explain that I.R.P.D. stands for issue statements, refer to rules and policies, propose choices, describe desired outcomes.
8. Next, officers must reinforce the good behaviors they are seeing.
9. Finally, use every major de-escalation situation as a teaching moment for you, your department, and the suspect.

Break 15 minutes

Module Six: Assessment - 10 minutes

1. If required, provide an assessment.

Total: 240 Minutes