

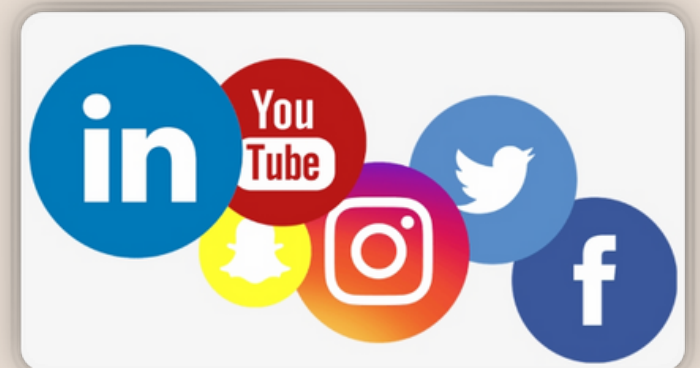


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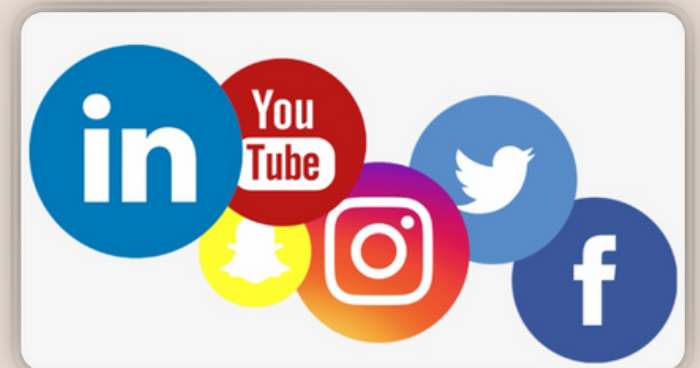


DE-ESCALATION & REGULATION

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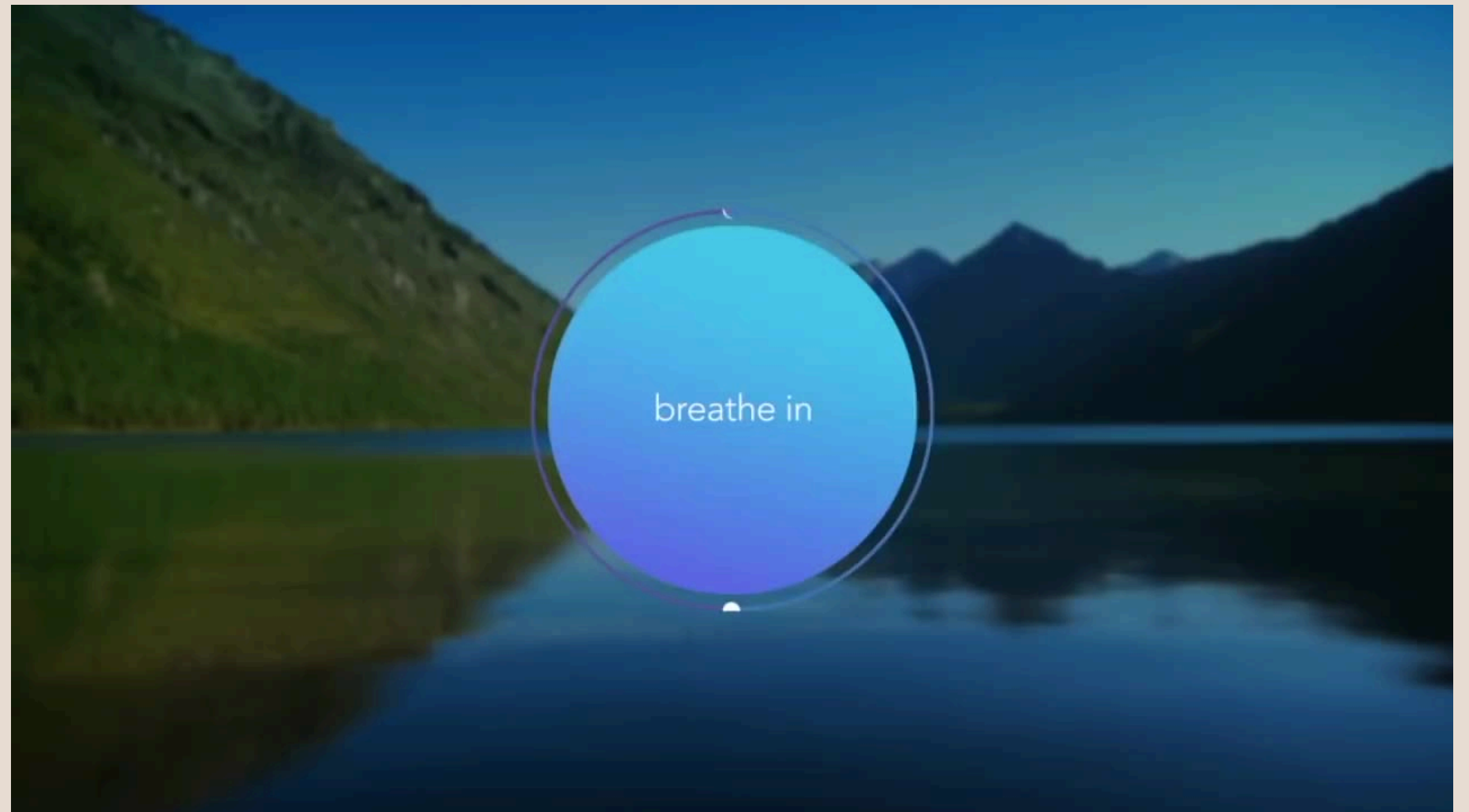
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LET'S LEAVE THE STRESS AT THE DOOR....



1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, INTENTIONALLY release that muscle tension, anywhere you find it



TRAUMA & STRESS



- Traumas
- Individual
- Community
- Societal
- Systemic
- Historical

Positive

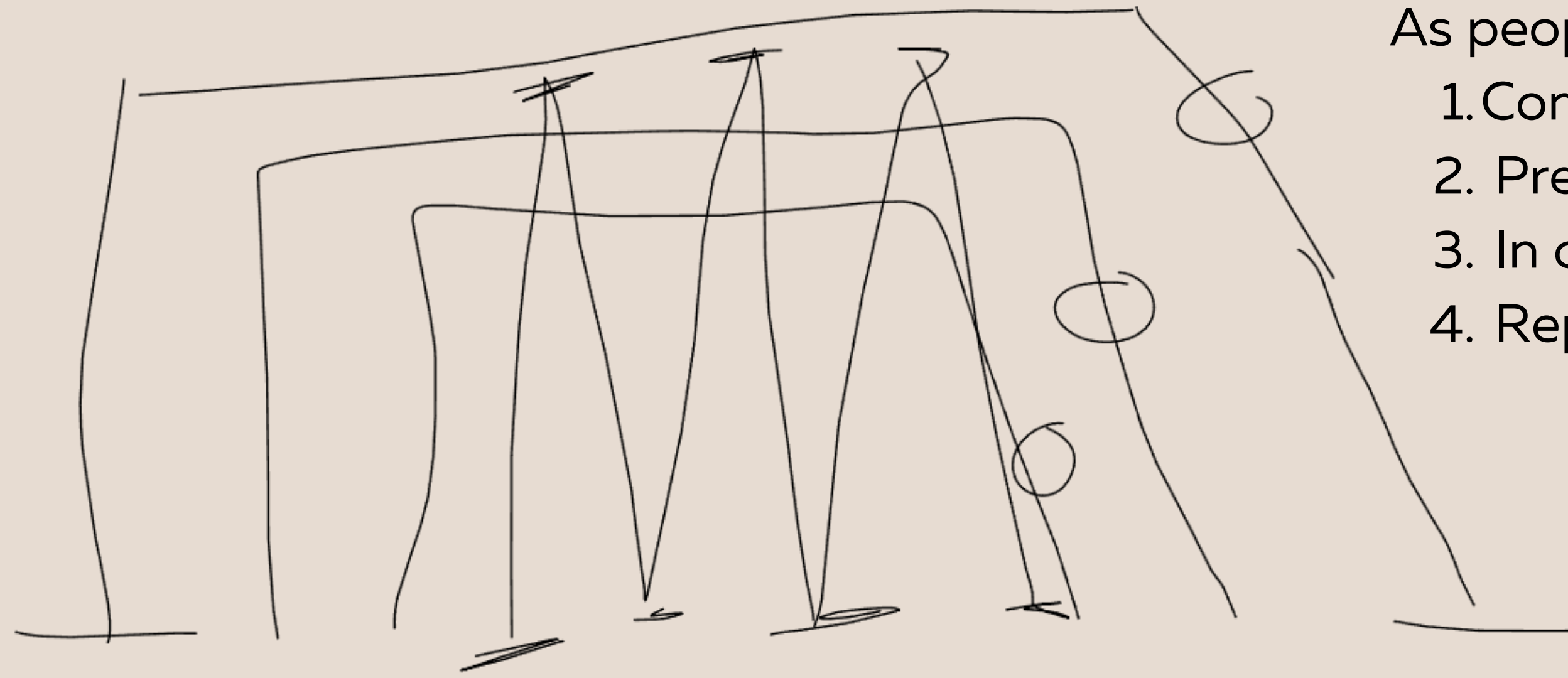
Brief increases in heart rate,
mild elevations in stress hormone levels

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships

Toxic

Prolonged activation of stress response systems
in the absence of protective relationships

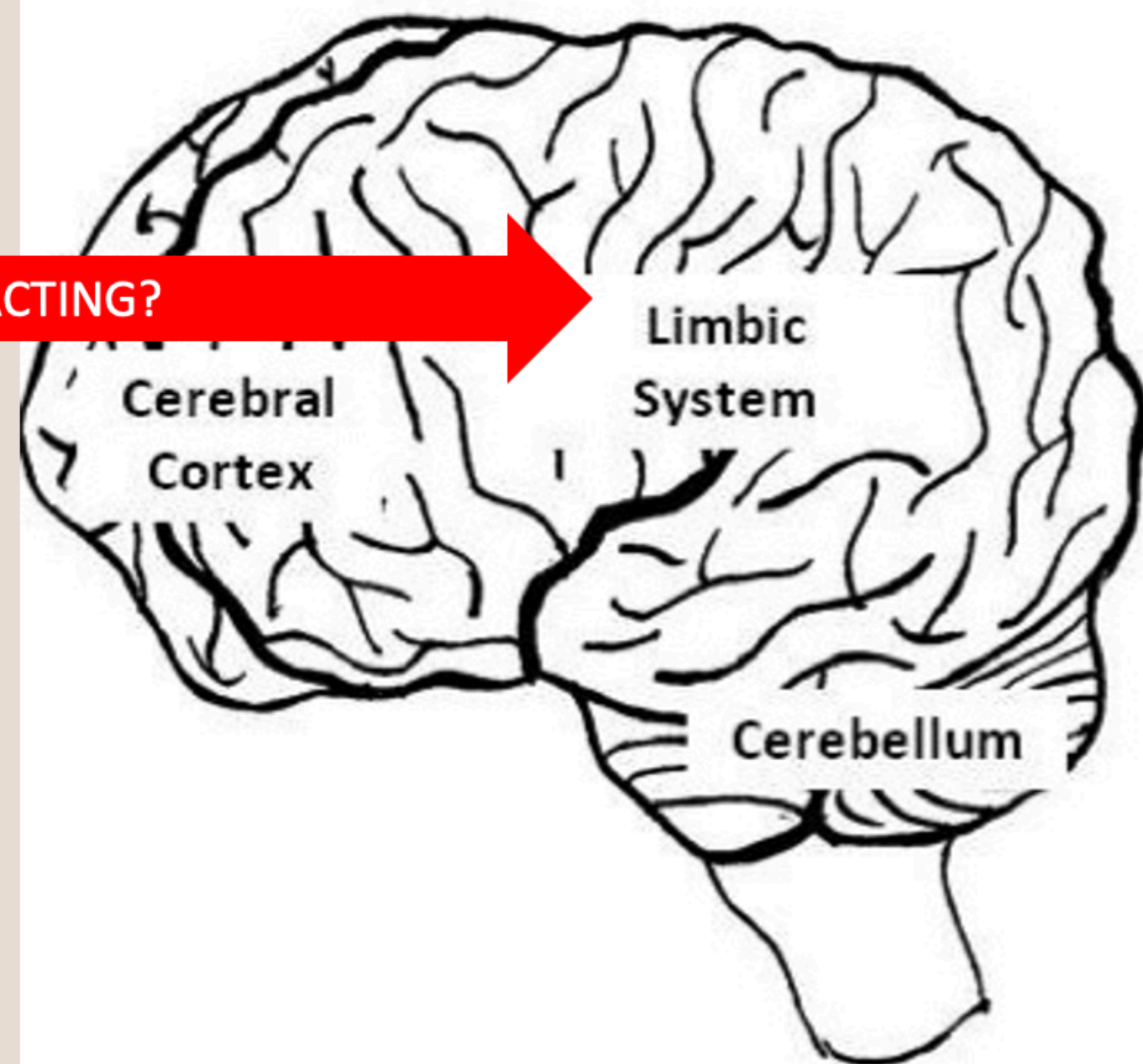


As people, we MUST be:

1. Consistent
2. Predictable
3. In control
4. Reparative

1. Controllable
2. Moderate
3. Healable

The “3-Brain” Brain Complex



Cerebellum – the “motor control” part of our brains: *breathing, heartbeat and motor skills*

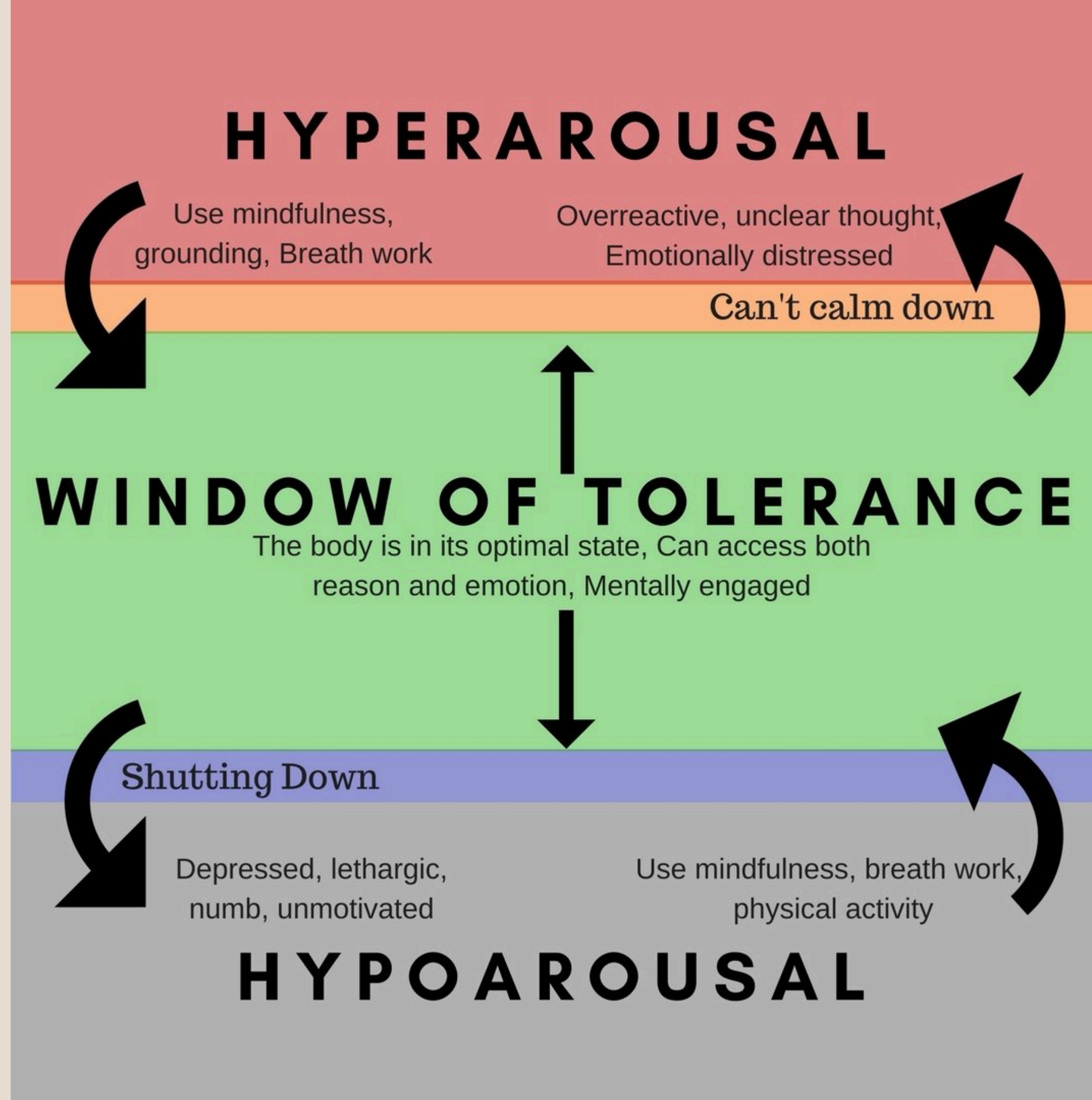
Limbic System – the “reactionary” part of our brains: *emotions, fight-or-flight, pleasure/reward and pain*

Cerebral Cortex – the “thinking” part of our brains: *reasoning, judgment, motivation, perception, memory and learning*

WHERE ARE THEY OPERATING FROM?!?

Flock, Freeze, Flight, Fight Continuum

Traditional Fight/Flight	Reflect	Flock	Freeze	Flight	Fight
Primary <i>secondary</i> Brain Areas	NEOCORTEX <i>Subcortex</i>	SUBCORTEX <i>Limbic</i>	LIMBIC <i>Midbrain</i>	MIDBRAIN <i>Brainstem</i>	BRAINSTEM <i>Autonomic</i>
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR





HYPER-AROUSAL BEHAVIORS





WHAT DOES HYPER-AROUSAL LOOK LIKE?

- sleeping problems
- difficulties concentrating
- irritability
- anger and angry outbursts
- panic
- constant anxiety
- easily scared or startled
- self-destructive behavior (such as fast driving or drinking too much)
- a heavy sense of guilt or shame
- Uncontrollable and sudden outbursts
- Anger/aggression
- Violence
- Yelling
- Can't sleep
- Disrespectful language
- Ready to fight, tensed body, crossed arms

WHAT DOES DISSOCIATION LOOK LIKE?



Signs to watch for

- you often feel 'spacey', 'floaty', or like your brain is 'foggy'
- you might even get sleepy whenever life gets challenging
- people say you are really calm under stress, but the truth is you are just numb
- the more stressful a situation, the less you can think clearly
- you can have a sense you are watching your life instead of in it, as if life is a movie you are watching
- when people ask how you are feeling you find it difficult to know
- others often get frustrated as they think you aren't listening
- you have delayed reactions – what you really wanted to say or do in a situation a day or several days later but very rarely in the moment
- you might sometimes even feel disconnected from your body, as if you aren't quite in it
- you can easily overlook important details and forget moments

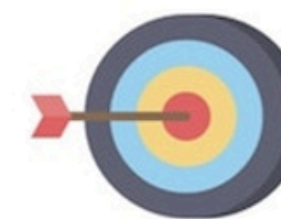




SELF-REGULATING BEHAVIORS

- Movement/rocking
 - Biting/chewing
- Tapping, bouncing of the leg/body
 - Not being able to sit/pacing
 - Draw to music
- "Hiding" in clothes or with their body or someone else's
 - Not talking or talking excessively
 - Crying

what are the **benefits** of **fidgeting**?



Increase
FOCUS



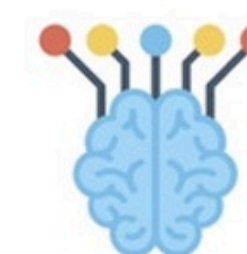
Decrease
STRESS



Enhance
CREATIVITY

"Participants who **moved more** intensely **exhibited** substantially **better** cognitive **performance**."

~ **Study** at University of California Davis



Direct Your
ATTENTION



Alleviate
ANXIETY



Kick Start
PRODUCTIVITY



LET THEM FIDGET!!
LET THEM REGULATE!

“LOOK AT ME WHEN I’M TALKING TO YOU” L

WHAT NOT TO DO



REGULATION



CONSIDERATIONS

- You.
- Them.
- Experiences.
- Attitudes.
- Behaviors.
- Physical
- Verbal
- Non-verbal



HOW TO DE-ESCALATE ANYONE

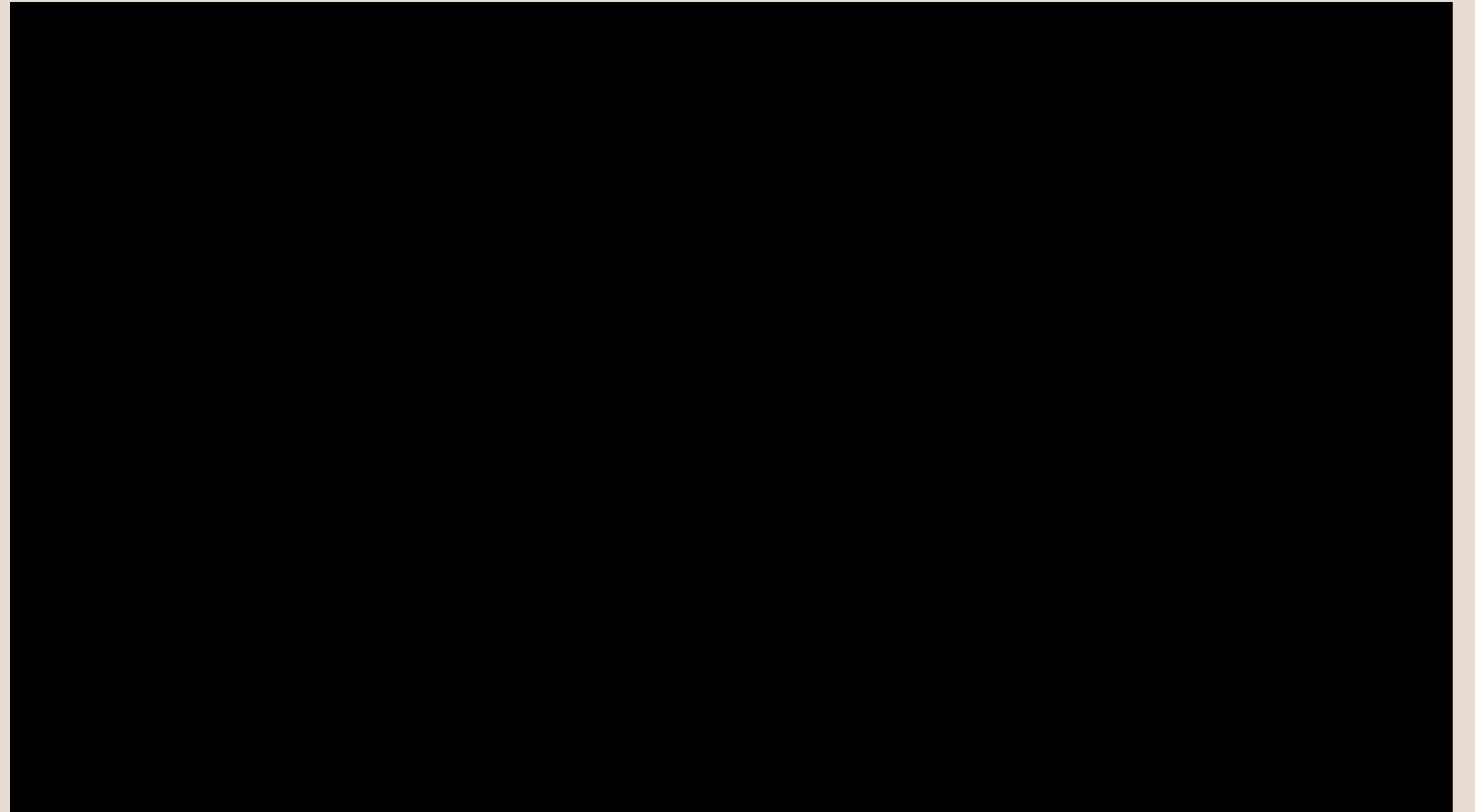


YOU must be
CONSISTENT
PREDICTABLE
CALM, ALERT
DE-ESCALATED

FOLLOWING THE ROUTINE –
MODELING

WARNING them: lights coming on/off;
doors opening or closing; approach;
when ANYTHING is going to change

Children of trauma need AS MUCH
INFORMATION as possible!





Remember!

ASSERTIVE not
aggressive

FIRM not attacking

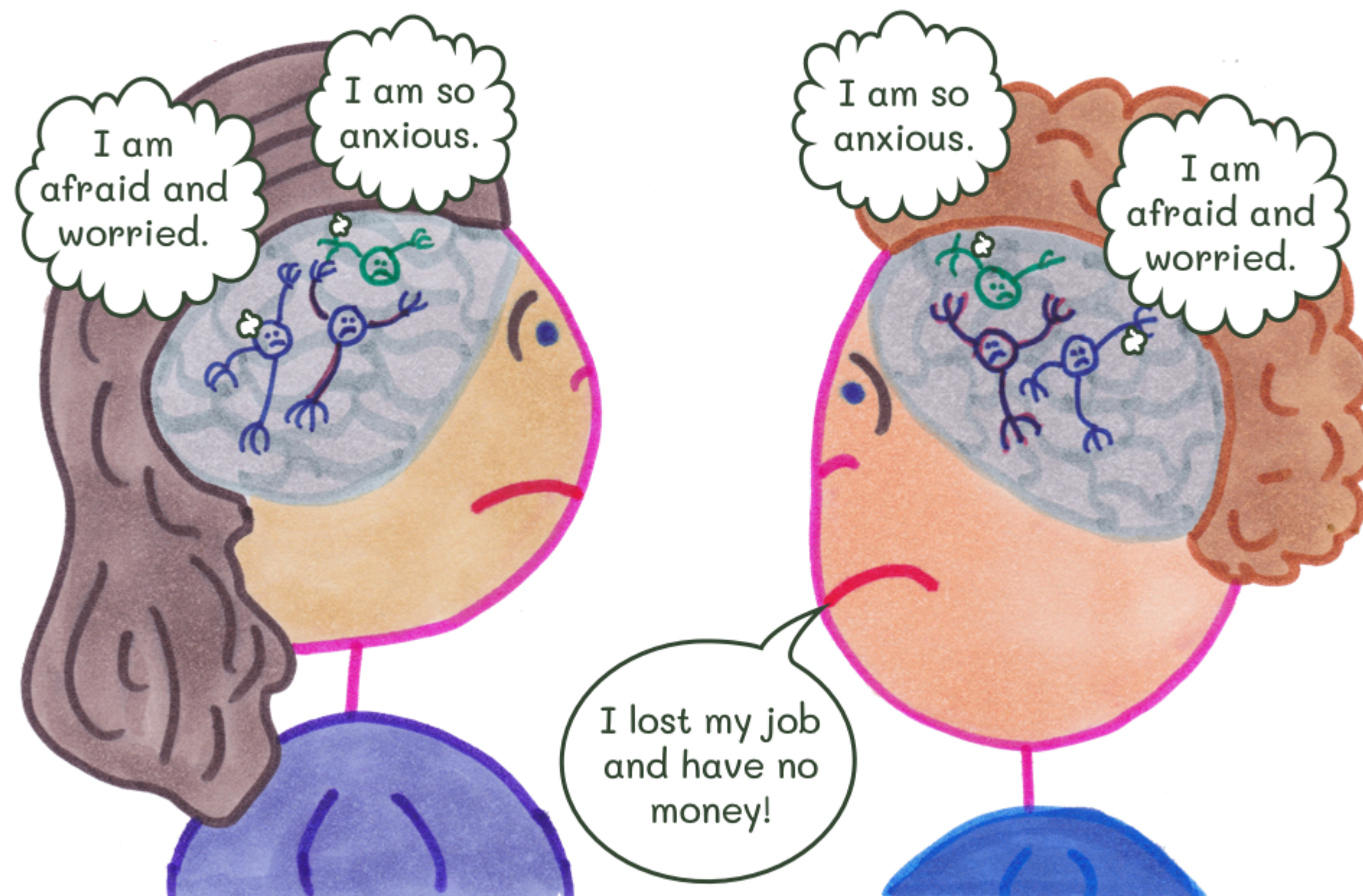
CALM not hyped/aroused

LOW TONES/not yelling

GIVE SPACE as much as possible



We create millions of mirror neurons which mirror the neural actions and feelings of other people.



Medigraytion

TRUTHTOONS by Laura Graye

HOW TO DE-ESCALATE:

CONTROL YOU!

- BREATHE yourself
- Don't tell them to
 - VALIDATE
- Allow for choice/free will
 - Offer options



TEACH AND MODEL CALM



Lemon Squeezies

Squeeze your hands, arms and legs tight

Pretend you are squeezing juice out of a lemon

Now shake your whole body and shake off all the juice

Try it again!

Try standing straight and stiff, and now flopping like a sock monkey



"Squeeze, squeeze lemon squeeze shake it off nice and easy!"

Sigh Breathing

Breathe in like smelling flowers

Breathe out with a sigh

Try it again five times

You can also...

Make the biggest sigh in the world

Make the smallest and quietest sigh

Try it with other lovely smells like chocolate cake!



Emotional Level	I feel this way when...
feeling good	
a little upset	Should be here: I can't wear my favorite shirt.
upset	I can't figure out an answer on my homework.
very upset	I can't wear my favorite shirt. X



Starfish Hands

I love me wall

Notes from the Universe

Music: Pandora - Pop Goes

Classical

The Unicorn Collaboration

Game

Take 5 Breathing

Hold out your hand like a star

Pretend your pointer finger (other hand) is a special pencil

Trace up and down your fingers

Breathe in as you go up

Breathe out as you go down

Go slowly and notice how it feels



Volcano Breathing

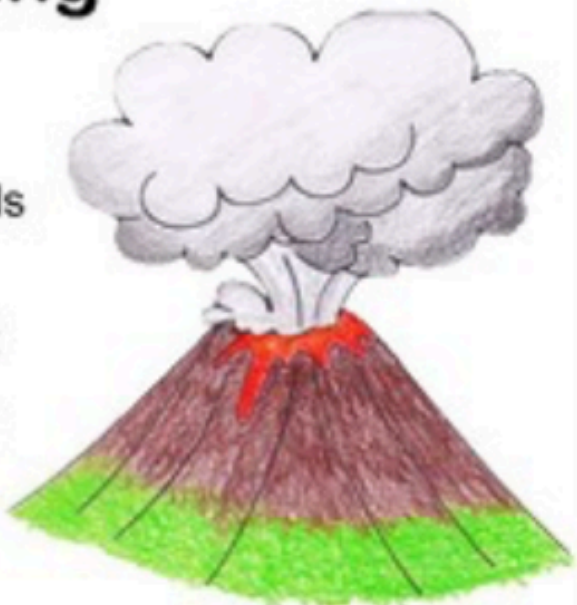
Put your hands together

Breathe in and push your hands up above your head

Hold your breath for a moment

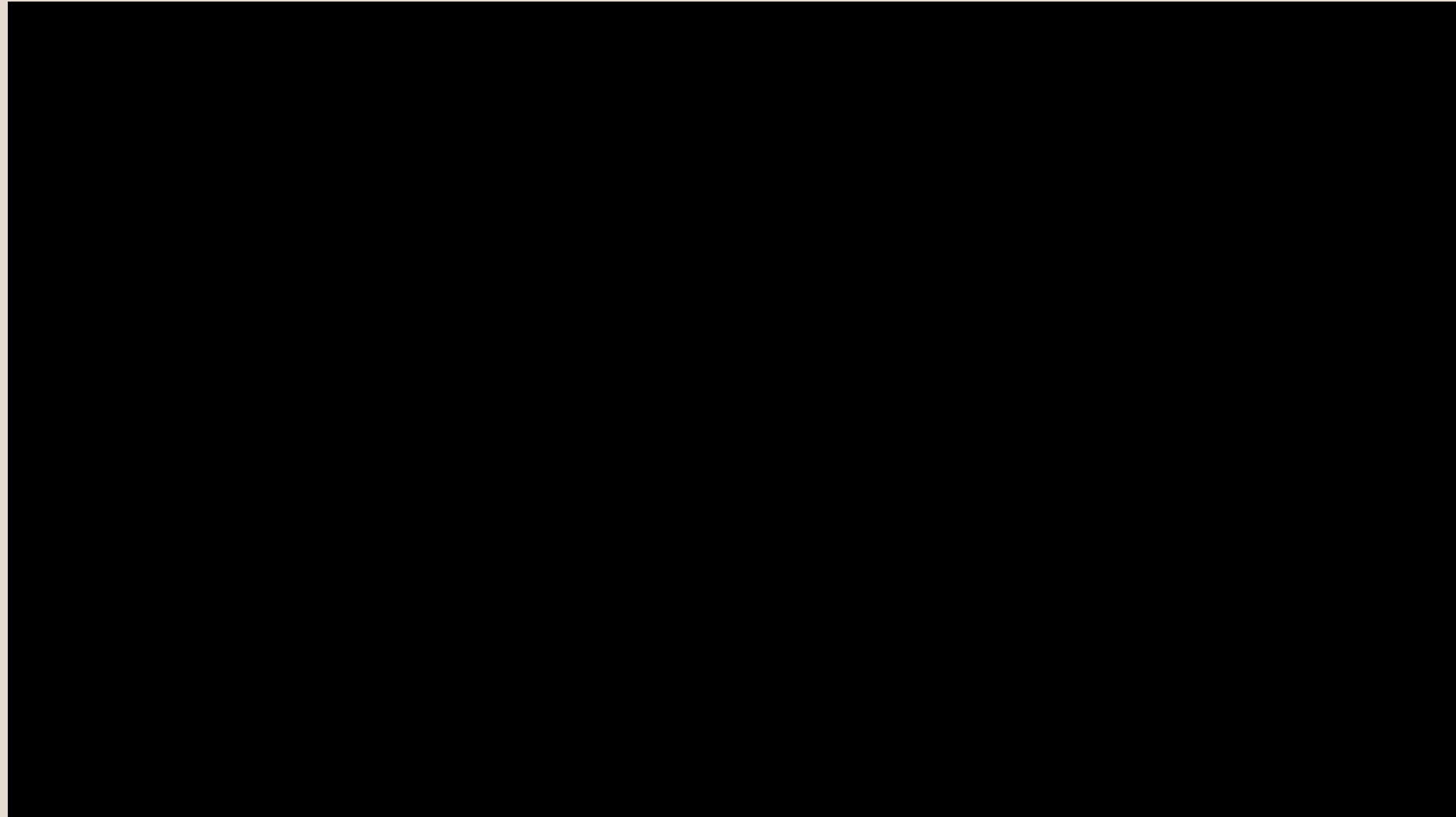
Breathe out as you bring arms down your sides like an exploding volcano

Try it three times



- Wet noodle/ Toy Story Game
- Breathing exercises
- Communicating emotions

WHEN INCIDENTS DO OCCUR...





REMINDERS!

- Perception IS reality for them
 - Their “tigers” are right next to them and GROWLING
- NO ONE can use their thinking brain when their stress response system is ON
- The SEVERITY of the PERCEIVED threat will determine how quick and how strong the response; the higher and the longer the escalation, the longer it will take to HEAL from this and re-regulate. This may take some folks, sometimes hours, days, or even weeks to fully recover
- They will need safety/space; food, water, shelter, SLEEP



BEST PRACTICES

- Practice prevention: self-care and coping plans; breathing exercises; de-escalation of self and others – PLEASE, take care of YOU
 - People must FEEL SAFE
 - Is your office safe? (desk orientation)
 - Is your waiting room safe?
 - Is your security guard friendly?
- Identify and remove/interrupt potential triggers
- Know early intervention: de-escalation; how to avoid re-traumatizing/escalating youth; de-escalation of self and others
 - Intervention: mirroring; calming/de-escalation; procedure;
- Recovery: relationship repair; counseling/connection; prevention and education WITH youth; TEACH THEM better self regulation for next time, instill healthy coping; offer prevention tools like fidget rings, toys, etc...



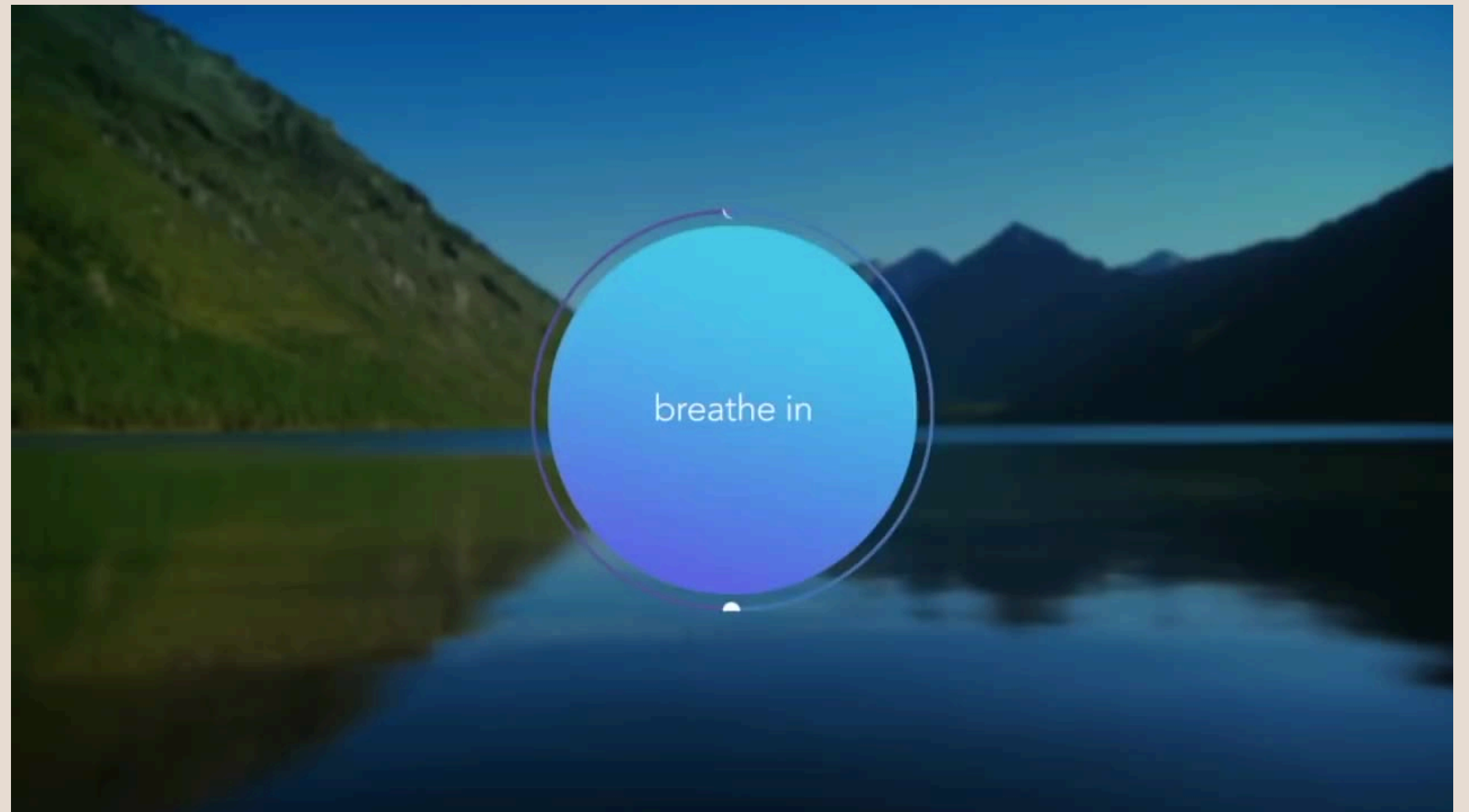
WARNING

FIRST,
DO NO HARM.

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