

# De-escalation: Identifying Emotional Escalation and Effective Strategies

In this class we will discuss the different stages of emotional escalation of students, and ways to identify each stage, as well as de-escalation strategies for various stages of emotional escalation. This training will focus on prevention while providing participants with techniques to help diffuse student crisis. We will also discuss how staff responses can affect student behavior, and in the moment strategies. Participants will engage in study and application of strategies throughout the session. The material is geared towards all educators (teaching assistants, teachers, SLP's, etc...) from K-12, and post high school aged classrooms.

**Learning Objectives/Outcomes:** Participants will: Understand and identify the various stages of emotional escalation. Be able to identify and implement strategies for the various stages of emotional escalation. Learn effective communication strategies for heightened individuals.

**Presenter Information:** Kelli Hunt, NSED District Services Coach; Sheena Watterson, NSED Learning Coordinator

**Financial Disclosures:** Kelli Hunt & Sheena Watterson are employees of Northern Suburban Special Education District.

**Nonfinancial Disclosures:** Both presenters are CPI Certified Instructors and are collaborating with CPI around program development. They do not receive payment for their collaboration with CPI.

## **This training will be offered twice this school year.**

- **Location of Course:** Live Zoom Session  
**Date of Course:** Thursday, September 24, 2020  
**Course start & end time:** 1:00 pm to 3:30 pm
- **Location of Course:** (NTC) NSED Training Center; Highland Park, Illinois  
**Date of Course:** Thursday, February 18, 2021  
**Course start & end time:** 8:30 am to 11:30 am

### **Satisfactory Completion:**

Credit for attending a course is based on your signature on the sign in sheet as well as sign out sheet. All virtual courses will be held via Zoom Meetings or Zoom Webinar. Once registered, an email will be sent a week before the session with the link and instructions on how to join the Zoom Meeting/ Webinar. If attending a virtual course, attendance is based on your virtual signature in and out of the session. You will be asked to type your full name into the chat feature on Zoom when you enter the meeting and again type your full name before you leave the meeting. Failure to provide a virtual signature in and out may result in partial or no credit. Live Zoom Webinars will track your attendance automatically. Participants are expected to attend the entire session to earn credit. Partial attendance may result in partial or no PD credit.

All participants must complete an electronic evaluation of the class within two weeks of the session or final session to be sent a certificate. Individual courses may specify additional requirements for satisfactory completion, please check the course description for additional requirements.

**Cost Information:** Workshop fees are waived for NSED employees, Member District\* employees, and parents of students in our member districts. For individual participants who do not meet the above criteria, this course participation fee is **\$75.00**.

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All Registration or material fees will be billed directly to the school district that employs the participant after the session is complete or the first session in a series is complete. Individuals are asked to not bring payment to the session.

**Cancellations:** There is no cancellation fee, though we ask for advanced notice to open the spot for another person. NSSD reserves the right to cancel any workshop due to low enrollment.

**Refunds:** NSSD does not charge prior to the start of the course. If an individual attends the first day of a learning series but is unable to attend the remaining sessions, the school district that employs the participant is able to designate an alternate person. It is up to the individual no longer attending the program to give their replacement the information learned in the first session.

**\*Member Districts include:** Northbrook 27, Northbrook 28, Sunset Ridge 29, Glenview/Northbrook 30, West Northfield 31, Glenview 34, Glencoe 35, Winnetka 36, Kenilworth 38, Lake Bluff 65, Lake Forest 67, Bannockburn 106, Deerfield 109, North Shore 112, Township HS 113, Lake Forest 115, New Trier 203, Glenbrook 225.

Have a question? Check out the [Professional Learning FAQs](#) or contact [professionallearning@nssed.org](mailto:professionallearning@nssed.org).