The Art & Science of De-escalation

90-Minute Training



We've all been there. A student begins to escalate, emotions are running high, and suddenly every decision feels like it carries enormous weight. Do you intervene? Give the student space? Call for support? And how do you keep the situation from getting worse?

The truth is, effective de-escalation isn't about finding the perfect words or having a magic strategy that works every time. It's about understanding how behavior escalates, recognizing the moments when we can make a difference, and knowing how to respond in ways that reduce tension rather than add to it.

In The Art & Science of De-escalation, I'll share practical, classroom-tested strategies that help educators recognize developing crises, manage their own responses, and navigate challenging moments with greater confidence, compassion, and skill.

What You'll Learn

In this engaging, classroom-tested training, we'll explore how to:

- **Recognize the stages of a developing behavior crisis and identify early warning signs.**
- **Understand how adult responses can either escalate or de-escalate challenging situations.**
- **Use practical, safety-centered strategies to reduce tension and support student regulation.**
- **Respond to challenging behavior with confidence, compassion, and consistency.**
- **Create a safer, more coordinated response when a student is in crisis.**

Ready to Strengthen Your De-escalation Skills?

Every educator deserves to feel prepared when challenging behaviors arise. Let's talk about bringing this practical, engaging training to your school or district and helping your team respond to difficult moments with greater confidence and skill.

Contact The Behavior Studio

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