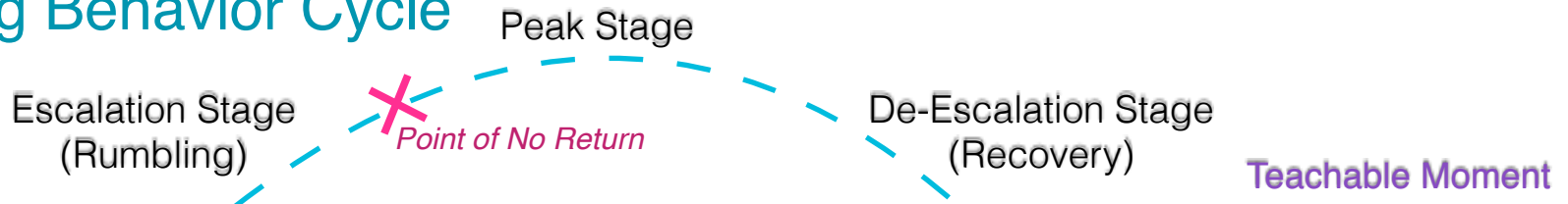


In a Rage: De-Escalation Strategies to Use in the Moment

ASD Nest Program Workshop, Jamie Bleiweiss, Ph.D. (2014)

Interfering Behavior Cycle



*Adapted from Myles & Southwick, (2005)

Key Strategies to Consider:

Escalation Stage Strategies:	Peak Stage Strategies:	De-Escalation Stage Strategies:
<ul style="list-style-type: none">• Modify the environment (sensory input)• Adjust aspects of tasks (increase support, reduce demands, alter expectations)• Use visual supports• Offer a break• Redirect to other topics or activities• Provide choices• Incorporate interests	<ul style="list-style-type: none">• Keep everyone safe!• Limit direct attention given to behavior• Do NOT discipline• Less is more (reduce your language, rely on visuals)• Be flexible• Work with your team to enact a plan• Provide a “graceful” exit strategy	<ul style="list-style-type: none">• Provide breaks• Gradually reintroduce into activity & group work• Slowly increase demands & expectations• Check-in & offer support• Use visuals• Offer choices• Use Positive Behavioral Directives

* Remember that our focus is on **PREVENTION** to ensure we return to the **TEACHABLE MOMENTS** quickly & safely!

In a Rage: De-Escalation Strategies to Use in the Moment

ASD Nest Program Workshop, Jamie Bleiweiss, Ph.D. (2014)

Exploration Session Worksheet

Identify 1 student who exhibits interfering behavior, and complete the following:

Target behavior: _____

Most challenging activities, tasks, situations (when target behavior is most likely to occur): _____

Description of Escalation Behaviors:

Description of Peak Behaviors:

Description of De-Escalation Behaviors:

Identify what works & other strategies your team can try to support the student & increase teachable moments:

Escalation Stage Strategies:

Peak Stage Strategies:

De-Escalation Stage Strategies:

Interfering Behavior Cycle



*Adapted from Myles & Southwick, (2005)