



FORCE SCIENCE®

REALISTIC DE-ESCALATION

INSTRUCTOR COURSE



WHEN

FEBRUARY & MAY

WHERE

Urbana, IL & Carbondale, IL

Please see last page for the location and registration details!

Free Training for Illinois Law Enforcement

This complimentary training is provided by ILEAS and funded through the **Less Lethal Alternatives for Law Enforcement Grant**. This opportunity is made possible in cooperation with ICJIA.

COURSE DESCRIPTION

Overview

This course equips law enforcement and public safety professionals with science-backed strategies to recognize, assess, and effectively respond to crisis situations. The primary objective is to provide participants with the knowledge, skills, and evidence-based frameworks needed to use, develop, and teach realistic, effective de-escalation strategies within their agencies or organizations.

Grounded in objective research, the program builds a strong foundation in the behavioral science principles that influence human behavior under stress. Participants learn to integrate behavioral assessment, tactical considerations, and communication techniques in ways that support practical, easy-to-apply de-escalation when a meaningful connection can be established.

By the end of the course, participants will have the research, tools, and comprehensive resources necessary to create or update high-quality de-escalation training that aligns with scientific understanding and the operational realities of their agency or organization.

Course Goal

The aim of this program is to equip learners with the skills necessary to accurately assess potentially violent situations and, when possible, defuse them using clear, proven tactics. This approach is designed to:

- Help officers maintain an optimal emotional state to support effective performance under stress.
- Lower the subject's heightened emotional state in order to promote voluntary compliance.
- And/or set conditions that reduce the frequency, intensity, and severity of injury associated with force.

COURSE DESCRIPTION

Learning Objectives

The following learning objectives outline the knowledge, skills, and decision-making capabilities participants will gain to support effective and realistic de-escalation practices. Upon completion of this course, participants will be able to:

- Define Realistic De-Escalation and identify when it is appropriate or inappropriate, based on situational context.
- Apply the **Response-Ability Zone** and the **9 T's Framework** to assess risk, determine tactical options, and guide de-escalation strategies.
- Use the **Thought | Emotion | Behavior (TEB) Model** to assess subject behavior and select appropriate communication and persuasion techniques.
- Examine how officer self-regulation and emotional control support rational decision-making and effective de-escalation.
- Evaluate use-of-force encounters to determine whether de-escalation was a feasible option using behavioral and situational analysis.
- Consider the risks and benefits of achieving cooperation and forcing compliance while achieving lawful objectives.
- Integrate human performance research into de-escalation tactics.

Training Hours

Participants will complete **16 hours of core curriculum training** delivered over two days. Successful completion of the optional online Instructor (Train-the-Trainer) component, completed outside of class, qualifies participants for **18 hours** of total training credit.

REGISTRATION | INSTRUCTOR COURSE

February 25 - 26, 2026

Illinois Law Enforcement Alarm System (ILEAS)

1701 East Main Street
Urbana, IL 61802

MTU 12 / Jeff Creel / www.mtu12.com

May 12 - 13, 2026

MTU 15 Headquarters

1740 Innovation Drive
Room 150-151
Carbondale, IL 62903

MTU 15 / Kim Cramer / 618-521-1199



FORCE SCIENCE

FUNDAMENTALS
OF

REALISTIC DE-ESCALATION

8 TRAINING HOURS



WHEN

FEBRUARY – MAY

WHERE

Belleville | Rockford | Plainfield
Peoria | Pittsfield | Normal | Moline

Please see last two pages for the
location and registration details!

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COURSE DESCRIPTION

Overview

Law enforcement professionals are under increasing pressure to prioritize de-escalation techniques during potential force encounters. This program recognizes the challenging demands placed on officers to achieve compliance without resorting to physical force. However, in certain situations, not using physical force may not be practical or safe. The primary goal of de-escalation tactics is to achieve a satisfactory outcome with the least possible force while maintaining officer safety.

This course aims to equip attendees with essential skills to accurately assess individual actions during potentially violent confrontations. Emphasis will be placed on easy-to-understand tactics to diffuse situations and prevent use-of-force crises. Scientific principles are employed to enhance law enforcement officers' de-escalation efforts, with the objective of applying these principles in both officer training and in the field.

Course Objectives

Participants who successfully complete this training will be able to:

- Define "de-escalation," its objectives, and its situational limitations.
- Discuss the tactical principles of de-escalation, including risk assessment and decision-making.
- Quickly evaluate an interaction to determine whether de-escalation is feasible and likely to succeed.
- Apply the Force Science approach, such as the "Response-ability Zone" and the "De-Escalation Evaluation Model," to evaluate de-escalation tactics.
- Utilize the "Behavior Influence Stairway Model" to establish rapport and persuade difficult subjects, including those with mental illness.
- Combine human performance research, subject behavior observations, and psychological negotiation tactics to enhance de-escalation efforts.
- Use the "Thought/Emotion Behavior" (TEB) Matrix to identify a subject's thought processes and choose appropriate persuasion strategies.
- Maximize response options while minimizing emotional or physical escalation.
- Balance conflict resolution with officers and public safety.
- Identify and address common communication barriers, including active listening.
- Discuss how de-escalation techniques align with "fair and impartial" and "rightful policing" principles.
- Assist in reviewing uses of force to evaluate the potential for de-escalation.
- Educate community members and media on realistic de-escalation and challenges to successful outcomes.

REGISTRATION | **FUNDAMENTALS COURSE**

February 10, 2026

SILEC

2300 West Main Street
Belleville, IL 62226

MTU 14 / Scott Williams / 618-781-1290

March 12, 2026

Northern Illinois Training MTU 2

527 Colman Center Drive
Rockford, IL 61108

MTU 2 / Jeff Schelling / 779-210-8419

March 31, 2026

Plainfield Police Department

14300 Coil Plus Dr.
Plainfield, IL 60544

MTU 16 / John Perona / 815-585-3150

REGISTRATION | FUNDAMENTALS COURSE

April 13, 2026

Central Illinois Police Training Center

5407 N. University Ave.
61614 Poplar Hall P101
Peoria, IL 61614

MTU 7 / Brian Fengel / 309-251-4821

April 15, 2026

**John Wood Community College
Southeast Education Center**

39637 260th Avenue
Pittsfield, IL 62363

MTU 9 / Penny Abbott / 618-806-0504

April 30, 2026

Heartland Community College

1500 W. Raab Rd
Normal, IL 61761

MTU 8 / Denelle Hetrick / 309-268-8430

REGISTRATION | FUNDAMENTALS COURSE

May 6, 2026

Blackhawk College
6600 34th Avenue
Building 2, Room 126
Moline, IL 61265

MTU 4 / John Reynolds / 309-236-6835