



**FORCE SCIENCE®**

# REALISTIC DE-ESCALATION

**INSTRUCTOR COURSE**

**16 TRAINING HOURS**

Learn concepts and best practices to assess when de-escalation tactics are appropriate while maintaining officer safety.



**WHEN**

**APRIL & JUNE**

**WHERE**

**Peoria  
& 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

The course—crucial for virtually all law enforcement professional trainers, from street officers and field supervisors to investigators, attorneys, and administrators—mutes the rhetoric prevalent in today's emotionally charged atmosphere and unbiasedly focuses on the proven scientific realities surrounding human behavior as they apply to efforts to de-escalate situations.

This course includes 14 hours of lecture and presentations and 2 hours of lab. In the lab, students participate in a teaching exercise and work through various de-escalation scenarios while being observed by other students and coached by instructors.

## Course Goal

The goal of this program is to teach law enforcement professionals the necessary skills to accurately assess potentially violent confrontations and, when feasible, defuse them with easy-to-grasp, successfully applied tactics to avoid use-of-force crises.

This course also provides crucial information to allow successful students to learn the material needed to successfully teach these concepts to their fellow officers. The ultimate goal of this Force Science course is to enhance de-escalation efforts with the help of science – both in the field and in training – while also critically applying an understanding of human factors and performance research to most effectively address challenging situations with individuals in the midst of a crisis.

## Course Objectives

Students who successfully complete this training will be able to:

- Articulate what 'de-escalation' actually means, what the objectives of de-escalation are, and in what situations de-escalation can and cannot be considered
- Discuss the tactical principles of de-escalation, risk assessment and decision-making
- Quickly evaluate an interaction to determine whether de-escalation efforts are reasonable to consider, tactically practical, and likely to be successful
- Apply critical Force Science® concepts such as the "Response-ability Zone" and the "7 T's De-escalation Evaluation Model" to evaluate tactics that are needed or likely to be successful in supporting a de-escalation process

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- Enhance de-escalation efforts by strategically combining human performance research findings, observations of subject behavior, and the right psychological techniques for negotiation and influence
- Learn and apply the 'Thought/Emotion/Behavior' (TEB) Matrix to quickly recognize whether a subject is in 'conflict', 'crisis' or has 'contaminated' thinking and therefore which strategies of persuasion are likely to be the most effective
- Employ specialized questions specifically designed to cognitively engage individuals in crisis and increase the likelihood of resolution that either avoids force or minimizes the amount necessary to obtain control
- Better ensure that officers' approach and control strategies maximize their response options while minimizing the potential for unnecessary emotional and/or physical escalation
- Balance the desirability of trying to resolve a conflict peacefully with the need to maintain officer and citizen safety
- Apply principles of officer self-regulation and emotional control in order to maintain rational thinking processes
- Recognize and list common barriers to effective communication that officers commonly use unintentionally
- Discuss how professional de-escalation techniques embrace the concepts of 'fair and impartial' and 'rightful policing' principles
- Integrate the content from this program to increase the breadth and effectiveness of in-house de-escalation training programs
- Assist investigators and others reviewing uses of force to recognize the pivotal situational and behavioral factors that must be considered when assessing whether de-escalation efforts might have been feasible and potentially effective
- Help community members and the media better understand what realistic de-escalation entails and the challenges that subjects may present that can inhibit, if not prohibit, an officer's ability to safely de-escalate.

# REGISTRATION | INSTRUCTOR COURSE

**April 2 - 3, 2025**

## **Central Illinois Police Training Center MTU #7**

5407 N. University Ave

Poplar 100

Peoria, IL. 61614

Please contact Heather Grove

[hgrove@icc.edu](mailto:hgrove@icc.edu) | 309-690-7355

**June 9 - 10, 2025**

## **Carbondale Police Department**

501 S. Washington

Carbondale, IL 62901

Please contact Kim Cramer (MTU15)

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