

De-Escalation and Coping Skills to Prevent and Manage Crisis Situations

9:00am – 4:00pm

Developing coping methods for the consumer in crisis and those who care for them is an important part of crisis intervention. Skills such as mindfulness, emotional regulation and distress tolerance can be very helpful for persons who are struggling to cope. Crisis Responders will learn skills informed by both Dialectical Behavioral Therapy (DBT) and Motivational Interviewing (MI), and will gain more tools to add to their crisis intervention toolbox.

Learning Objectives:

1. Learn how we regulate stress
2. Review of principles of crisis intervention
3. Learn skills that are effective to prevent and manage crises
4. Practice teaching consumers how to use these skills

Trainer: Jessica Beauchamp, MSW, LCSW

Jes has 10+ years of experience in the human services field. She earned her graduate degree from Michigan State University. Areas of knowledge include case management, administration, management, counseling, and program development. Jes worked in the county system for many years, and in 2016, opened her own private mental health practice in Marinette, Wisconsin.

6.0 Continuing Education Hours