De-escalation: Mindful Breathing and Emotional Intelligence

This 8-hour course was specifically created to assist first responders before, during, and after intense and dynamic encounters to ensure enhanced decision-making, and the ability to rapidly return from the fight or flight response. The immediate benefits are apparent, but this course also equips students with the ability to improve long-term physical and emotional health.

Students will:
- Apply Emotional Intelligence analysis to self and others in reality-based scenarios
- Apply techniques to help de-escalate a violent encounter
- Apply self-management techniques during a tactical event such as an active shooter
- Apply Breathing techniques to remain calm and focused in high stress situations
- Read a suspect’s breathing pattern as cues to mindset

Cost: POST IGP grant funded
When: August 17, 21, 25, 2020
Where: Alameda County S.O. RTC
Register: LACRTC.org/de-escalation
Contact: training@lacrtc.org