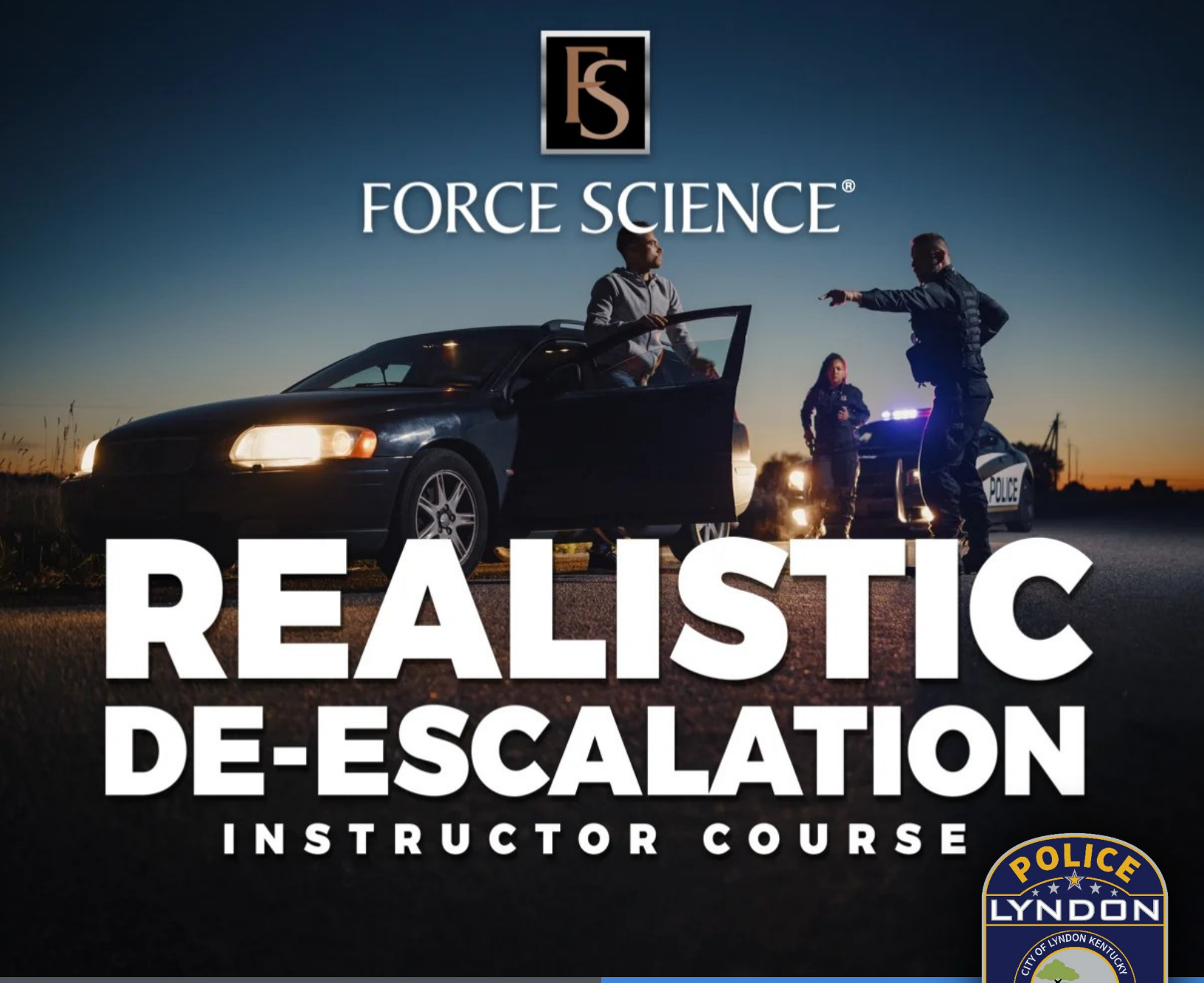
FORCE SCIENCE®




# REALISTIC DE-ESCALATION

## INSTRUCTOR COURSE

POLICE LYNDON CITY OF LYNDON KENTUCKY FOUNDED 1965 COURAGE INTEGRITY SERVICE

### WHEN

NOVEMBER 10 – 11
2026

### WHERE

Lyndon City Hall
515 Wood Rd
Lyndon, KY 40242

### COST

$495/seat

### REGISTRATION

CLICK TO REGISTER

# 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 **T**hought | **E**motion | **B**ehavior (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.