

De-escalation Techniques in Foster Care

Viewing Guide for

Washington State Department of Social and Human Services Presentation

This viewing guide should be followed, completed, and submitted to SVSS in order to earn in-service training credit. (1.5 hours of credit)

Note: the presentation is a recording of a web-cast conducted by Washington DSHS. During the actual presentation, Foster Parents could email/call in with questions. Those options are not available as you watch the presentation on YouTube.

Review the questions listed below to get an idea of the key points you should listen / look for in the presentation. Navigate to <http://www.youtube.com/watch?v=BL9mF7oCD8c> with your internet browser. (Or search for de-escalate foster parent training in YouTube) Expand the video to “full screen” size and click on “play”. Refer to the viewing guide frequently during the presentation, pausing or even re-playing a section as needed to select the answer or fill in the blanks. When complete, submit the form to SVSS.

1. Some stress is useful in increasing our performance. (True or False)
2. When under too much stress, all humans experience the same result – their problem solving gets:
 - a. Worse
 - b. Regresses to an earlier stage
 - c. More primitive
 - d. All of the above
3. Our human “stress response” reduces blood flow to the capillaries, which effects
 - a. Skin
 - b. Lungs
 - c. Digestive system
 - d. Brain
 - e. All of the above
4. Stress response happens to all humans – even good Foster Parents, good children, good families. When stress is high, it is helpful to also put into place high levels of _____ and _____
5. Those with an internal locus of control can be described as
 - a. I make me feel/think/act
 - b. You/life/situations make me feel/think/act
6. Those with an external locus of control can be described as
 - a. I make me feel/think/act
 - b. You/life/situations make me feel/think/act

7. Our conscious memory is a collection of facts and feelings, and we have stronger memories of
 - a. Pure facts
 - b. Facts connected to weak feelings (because of less internal conflict)
 - c. Facts connected to strong feelings
 - d. Pure feelings
 - e. All the above

8. Describe one feeling you want to “sell” to your children over the next couple of weeks.
_____ (also place this word on your mirror so you are reminded of it often)

9. Which is true?
 - a. Self esteem / self image is a single “rating” which explains your feelings/performance in any situation.
 - b. Self esteem / self image (and therefore your feelings/performance)varies depending on the situations in which you find yourself.

10. Which of the following feelings is often the root cause of displays of anger?
 - a. Fear
 - b. Physical hurt
 - c. Emotional hurt
 - d. All of the above

11. Proper, value driven reactions to behaviors leads to
 - a. Spoiling
 - b. Learning
 - c. Role-switching
 - d. Power-plays

12. Which is the correct order for helping a child work past an episode of anger?
 - a. Problem solve, move big muscles, express feelings
 - b. Consequences, express feelings, problem solve
 - c. Move big muscles, express feelings, problem solve
 - d. Move big muscles, problem solve, consequences

13. In the three part brain model, the survival part likes:
 - a. Order, structure, rules, predictability
 - b. Feelings, relationships, effects on others
 - c. Creativity, novelty, problem solving

14. In the three part brain model, the emotion part likes:
 - a. Order, structure, rules, predictability
 - b. Feelings, relationships, effects on others
 - c. Creativity, novelty, problem solving

15. In the three part brain model, the thinking part likes:
- a. Order, structure, rules, predictability
 - b. Feelings, relationships, effects on others
 - c. Creativity, novelty, problem solving
16. When the time to discuss a misbehavior comes, saying “When you (list behavior), I felt (list emotion)” is a good way to
- a. Engage the emotions/relationships/effects on others part of the brain
 - b. Blame the other for your situation
 - c. Address the survival part of the brain
17. Work on a family task is a good consequence because
- a. It is time limited (when the task is finished, the consequence is over)
 - b. It gives a natural way to talk about the effect of good and bad behavior on the relationships in the family
18. Adding structure, rules, stability and predictability can help a child recover from upsetting circumstances. (True or False)
19. How can you increase the use of the ideas below into your family’s “house rules”? (use back of paper as needed)
- a. Self care _____
 - b. Three part brain_____
 - c. Fear and hurt as the root of anger_____

20.

Print your name:

Sign your name:

Date: