



FOR THE BHRT



FOR TODAY

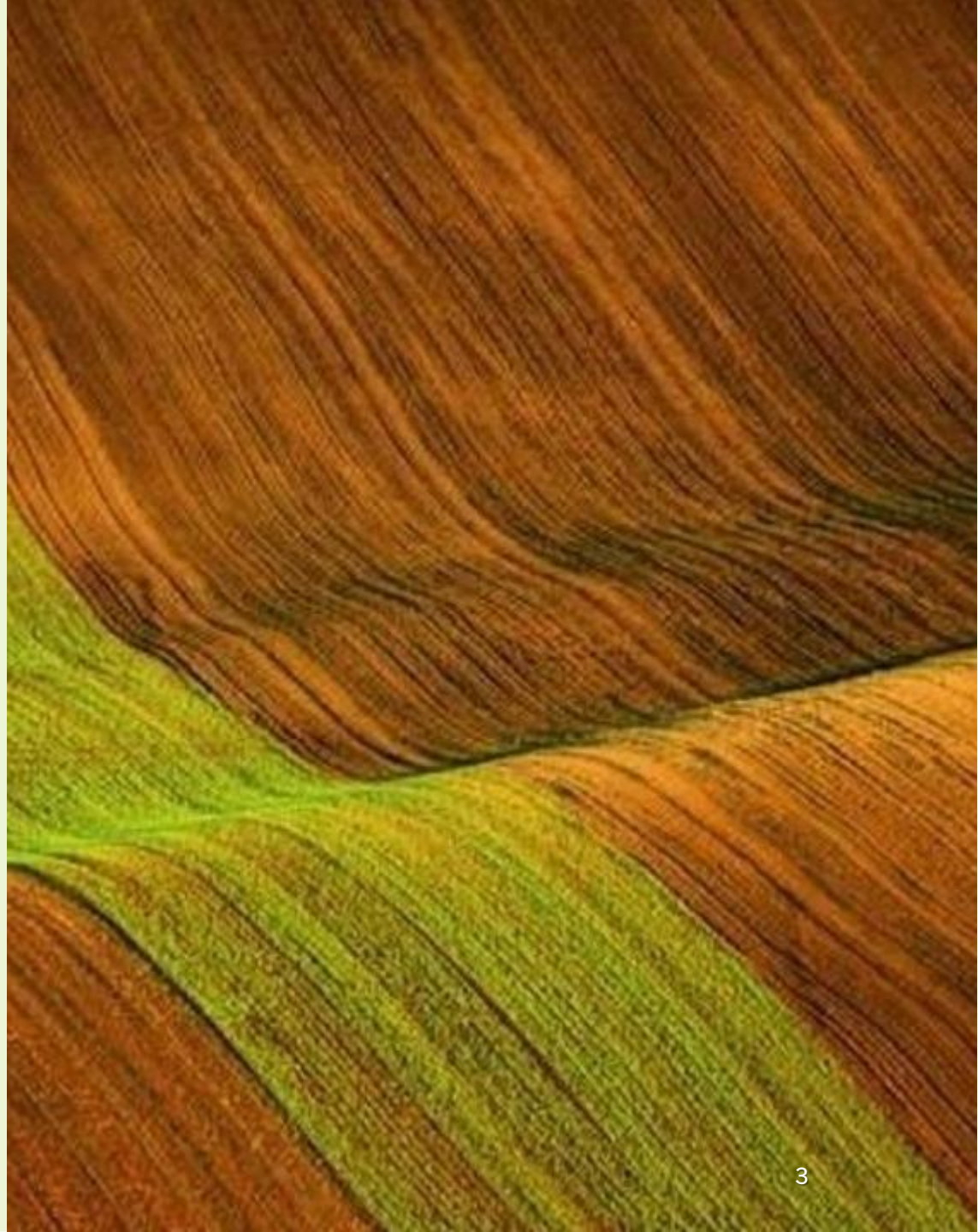
Self-awareness

Self-Regulation

De-Escalation

Taking Care of You

SELF-AWARENESS



BEFORE WE MET

- “Situations that are *intense*”
 - Narrative?
- “We never know what we are walking in to”
 - Unknowns
- Checking in



SELF-AWARENESS

“Scanning” for threat:
what to watch for...

- People/patients
- Topics
- Locations

Environmental supports
(during or after):

- For consulting
- For consoling

SELF-AWARENESS



Time of the day...

State: hangry? tired? emotion?

Time of the year...

Trait: medical or mental health condition? personality?



SELF-REGULATION

SELF-REGULATION



Active Mindfulness (Activity!)

Breathing techniques

Examples

Mindfulness

Emotion Labeling

“Name it to tame it”

Grounding

Handouts

Energizing

Environmental/sensory

A landscape photograph showing rolling hills. In the foreground, there is a field of tall, green grass. A path or road winds through the middle ground, leading towards a golden field. The sky is overcast with grey clouds, and the overall lighting is soft and somewhat dim. The text "DE-ESCALATION" is overlaid in the center of the image, enclosed in a thin, light-colored rectangular border.

DE-ESCALATION

DE-ESCALATION



“I’m with you”

The power of “mirror neurons”

Paraphrasing (practice!)

Normalizing:

“I ask all my people/patients about...”

“I always ask about...”

Simple (closed-ended) questions:

“Are the lights on or off?”

Name, age, etc. (knowns)

*Much harder to answer: “how do you feel?”

URGENCY VS. EMERGENCY

Urgency: Need mental health intervention, communication

- Verbal de-escalation
- Communication techniques
- Reduce physical power dynamics

EMERGENCY: Need immediate physical intervention or medical intervention

- Directive: tell people, don't ask
 - Ex: "Call 911"
- Approach goal language: what TO do
 - "Don't use that" → "Set that on the floor"



SELF-AWARENESS → TAKING CARE OF YOU

Which “urgency” or “emergency” sticks with you:

- People/patients
- Topics
- Locations

What to do:

- Grounding
- Social support
 - In the field and OUT
 - Professional/personal
- Gratitude
- GLAD

TAKING CARE OF YOU

What works well for
you already?

In which seasons?



References

<https://drsarahallen.com/7-ways-to-calm/>

Ivey, Ivey, & Zalaquett. *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society* (9th). Cengage.

Kress, V. E., & Paylo, M. J. (2025). *Treating those with mental disorders: A comprehensive approach to diagnosis, case conceptualization, and treatment* (3rd ed.). Pearson.

Greenberg, J. S. (2021). *Comprehensive stress management* (15th ed.). McGraw-Hill Education.

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-assessment.pdf>

THANK YOU

Amanda Birkland

Conscious Growth, LLC

402-807-3157

abconsciousgrowth@gmail.com

conscious-growth.com

