

**SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION**  
**Mobile Team ASSIST #14**

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**Mandates: .5 Hr. Crisis Intervention and 7 Hrs. De-Escalation Techniques**

**P R E S E N T S**

# **8 HOUR FUNDAMENTALS OF REALISTIC DE-ESCALATION**

**TUESDAY, FEBRUARY 10, 2026 –  
8 AM/5 PM**

**WHERE:** SILEC Training Room  
2300 West Main Street, Belleville, IL. 62226

**WHO:** Nicole Florisi, Director of Content and Curriculum/Instructor at Force Science

**TO REGISTER:** Visit our website [www.silec.org](http://www.silec.org). **Limit 40.**

Law Enforcement Agencies have come under intense pressure in recent years to prioritize their efforts at “de-escalation”. We will discuss the often-challenging expectations of law enforcement professionals to gain compliance without using physical force and how oftentimes, this may not be realistic or safe. The legitimate goal of de-escalation tactics is to resolve problems with minimal harm. This distinction is critical.

The course will present law enforcement concepts and methods to support de-escalation efforts. Attendees will be provided with knowledge to apply core skills of incident stabilization, tactics and decision-making and verbal and non-verbal skills to establish contact, build rapport, and create influence with difficult subjects.

**Students will learn a wide variety of skills during this course including:**

**At the end of this training, the participant will be able to:**

1. Articulate what “de-escalation” actually means, what the objectives of de-escalation are, and in what situations de-escalation can and cannot be considered.
2. Discuss the tactical principles of de-escalation, risk assessment, and decision-making.
3. Quickly evaluate an interaction to determine whether de-escalation efforts are reasonable to consider, tactically practical, and likely to be successful.
4. Apply critical Force Science concepts such as the “Response-ability Zone” and the “7 T’s De-escalation Evaluation Model” to evaluate tactics that are needed or likely to be successful in supporting a de-escalation process.
5. Enhance their ability to make a connection, establish rapport and apply effective principles of persuasion with difficult subjects, including mentally ill subjects, through the application of the “Behavioral Influence Stairway Model”.
6. Learn and apply the “Thought/Emotion/Behavior” (TEB) Matrix to quickly recognize whether a subject is in “conflict”, “crisis”, or has “contaminated” thinking and therefore which strategies of persuasion are likely to be the most effective.

7. Employ specialized questions specifically designed to cognitively engage individuals in crisis and increase the likelihood of resolution that either avoids force or minimizes the amount necessary to obtain control.
8. Better ensure that officers' approach and control strategies maximize their response options while minimizing the potential for unnecessary emotion and/or physical altercation.
9. Balance the desirability of trying to resolve a conflict peacefully with the need to maintain officer and public safety.
10. Apply principles of officer self-regulation and emotional control in order to maintain rational thinking processes.

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.