

# Harborview Abuse & Trauma Center Education Forum

## DE-ESCALATION BASICS

### Rebecca Sauls, MSW

In this training, you will learn how to identify the core concepts of de-escalation. Participants will gain skills to assess safety risk and engage in non-violent de-escalation. Additionally, you will learn grounding strategies to manage yourself in stressful situations.



**FRIDAY, MARCH 10**



**10:00 - 11:30 AM PST**



**To register: LINK HERE**



Contact us with questions, to be added to the listserv, or to request accommodations (please allow at least 2 weeks notice: [rebamill@uw.edu](mailto:rebamill@uw.edu))



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