

Restorative Practices

Life Space Crisis Intervention (LSCI)

Reflection Sheet: Family

Use the following to think about and/or discuss the video, "LSCI"

- 1. LSCI trainer Robert Lopez explains that in the first step of LSCI "we drain off [students'] intense emotions by validating their feelings." Why is this an essential part of helping young people through a crisis? What can we as adults do to "validate" our children's feelings?

- 2. LSCI rests upon the assumption that we can de-escalate crisis situations through verbal communication. How do you work with your child to verbally de-escalate the situation when your child is upset or in crisis? What things can you say to your child to help them to de-escalate?

- 3. Cheryl Hall explains the importance of the "drain off" stage of LSCI: "The bottom line is that if you're not properly drained off, things are going to come back and it's going to escalate again." Think about a time when you tried to help your child through a moment of crisis, but it just kept re-escalating. How might allowing time for your child to "drain off," even if it takes a while, yield better outcomes when helping your child through a conflict?
