

# CALMING AND DE-ESCALATION STRATEGIES

An introduction to validation and empathy with strategies for calming and de-escalation when working with children

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**DARTMOUTH TRAUMA INTERVENTIONS RESEARCH CENTER**

We have put together our favorite videos to provide a way to build a shared vision and add to your toolbox of strategies around calming and de-escalation. These videos are intended to lay a groundwork for us all to build from- within our own agencies and across our communities.\*

\*These videos are not specific to COVID-19 response. They focus on general concepts of childhood trauma, brain development, and perspectives on addiction.

## **Building a Shared Vision and Language**

These videos demonstrate some of the best go-to strategies for calming and de-escalation as well as how validation and empathy can be used before, during, and after an escalation. Our hope is that these videos will help us have a shared vision and language about early childhood trauma, addiction and recovery, and relationships and resiliency.

## **More Resources**

If you are in search of more resources, have any questions, or want to know more about the Dartmouth Trauma Interventions Research Center, please reach out to our team at: **[DartmouthTrauma@gmail.com](mailto:DartmouthTrauma@gmail.com)**

Find us on Facebook  
**[@UVProjectLaunch](#)**

To learn more about DTIRC and our projects:  
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# CALMING and DE-ESCALATION STRATEGIES with Dr. Erin Barnett

Dartmouth Trauma Interventions Research Center's very own Dr. Erin Barnett guides you through several de-escalation and calming strategies in this 4 and a half minute Vyond animated video. Strategies include: Low and Slow, Name it to Tame it, and Regulate over Educate.

[Watch Calming and De-Escalation Strategies](#)

## Calming and De-Escalation Strategies

Low & Slow  
Name it to Tame it  
Regulate over Educate



## VALIDATION with Sadness and BingBong from Inside Out

This 2 and a half minute video clip from the popular Disney movie Inside Out (2015) shows the character Sadness validating the character Bing Bong's feelings after experiencing an upsetting event. Watch how this technique helps BingBong feel recognized and accepted in a time of need.

[Watch Sadness demonstrate Validation](#)

## Brené Brown on EMPATHY

Brené Brown is renowned researcher who has spent her career studying vulnerability, empathy, courage and shame. In this 3 minute video she explains the power of empathy and the need to tap into our own vulnerabilities to truly be empathetic towards others.

[Brené Brown on Empathy](#)

Her website is a wealth of resources and we encourage you to spend some time looking through it.

[BreneBrown.Com](#)



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