

The West Partnership

Co-Regulation and De-Escalation

Wednesday 22 November
3.45pm-5pm

We can all become overwhelmed and dysregulated at times. In these situations we can often rely on others to help us return to a regulated state. For some learners however their ability to self-regulate is not well developed, for a variety of reasons, and they may require more support more often.

Conflict is a natural part of human and interaction and is not always negative however dysregulation and strong emotions in conflict situations can often lead to an escalation of behaviour that could cause disruption and potentially harm. This webinar explores the elements of co-regulation, the conflict cycle, de-escalation and conflict resolution.

Who is this session for?

All interested staff, within the West Partnership,
working across all sectors

The lobby for the sessions will open at 3.30pm, with participants being allowed in prior to the session starting at 3.45pm. We will finish presenting at 5pm.

[Click here or scan the QR code to sign up.](#)

Co-Regulation and De-escalation
Strategies Wed 22/11/23 15:45
-17:00



This session provides an opportunity to:

Learn about co-regulation and de-escalation and how they are different

Reflect on how we can use co-regulation to help learners develop the ability to self-regulate

Explore the elements of conflict and how it can escalate

Learn when and how to de-escalate conflict

Reflect on a range of ways to resolve conflict