



Northwest Illinois Criminal Justice Commission

Jeff Ragan, Regional Director
2308 E. Lincolnway, Suite E - Sterling, IL 61081
Phone: 815-288-6695- Fax: 815-288-6787- www.mtu1.com

Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Fundamentals of Realistic De-escalation

DATE: March 12, 2026

Registration Ends: February 16, 2026

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: NITAB, 527 Colman Center Drive, Rockford, IL

INSTRUCTOR: Nicole Florisi

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.

Learning and Training Objectives: Students will learn a wide variety of skills during this course including:

- Articulate what 'de-escalation' actually means, what the objectives of de-escalation are, and in what situations de-escalation can and cannot be considered.
- Discuss the tactical principles of de-escalation, risk assessment and decision-making.
- Quickly evaluate an interaction to determine whether de-escalation efforts are reasonable to consider, tactically practical, and likely to be successful.
- 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.
- 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'.
- Learn and apply the 'Though 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.
- 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.
- Better ensure that officers' approach and control strategies maximize their response options while minimizing the potential for unnecessary emotional and/or physical escalation.
- Balance the desirability of trying to resolve a conflict peacefully with the need to maintain officer and public safety.
- Apply principles of officer self-regulation and emotional control in order to maintain rational thinking processes.
- Help community members and the media better understand what realistic de-escalation entails and the challenges that subjects may present that can inhibit, if not



prohibit, an officer's ability to safely de-escalate.

This course has been certified by the ILETSB and approved to meet the following mandates:

- De-Escalation Techniques - 6.0 hours / 1.0 hours scenario based
- Officer Safety – 1.0 hours
- Crisis Intervention - .50 hours

REGISTRATION:

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)

THIS IS NOT A PUBLIC MEETING