

Adapting the Life Space Interview for Proactive Aggression

Note: This update is only open to qualified applicants who have successfully completed both updates: “Designing Refresher Training” and “The Post-Crisis Response”.

The Life Space Interview (LSI), as taught in the TCI core curriculum, is designed to be used to intervene with children and young people who are overwhelmed with emotions and whose actions are emotion driven. They may be described as displaying reactive aggression. By contrast, young people who display proactive aggression are acting out of deliberate thought processes. Direct care staff need assessment skills to differentiate between proactive and reactive aggression and to adjust the LSI accordingly. This update is designed to assist direct care staff to apply a modified LSI with youth who display proactive aggressive behavior.

Program Objectives

Participants will be able to:

- Analyze how proactive aggressive youth distance themselves from their emotions
- Analyze when and how to use the modified LSI for proactive aggressive youth
- Demonstrate the modified LSI

Program Outline

This one-day program examines in detail the behavioral and verbal manifestations of reactive and proactive aggression and the mechanisms by which proactive youth distance themselves from their emotions. The importance of having a program that reflects developmentally appropriate value based expectations of pro-social behavior that guide youth and staff behavior is emphasized. A breakdown of the knowledge, skills, and attitudes required to conduct an LSI with youth who display proactive aggression is presented. Techniques include presentation, discussion, demonstration, role play, and practice. All participants will be tested with written and competency based test in order to be re-certified.

Materials

Participants who successfully complete the update receive an Adapting the LSI for Proactive Aggression reference manual, an activity guide, corresponding student workbook, and a CD containing the PowerPoint™ presentation used during the training.

Adapting the Life Space Interview for Proactive Aggression Agenda

Introduction and Expectations
Discussion of Trainer Certification
The Role of Emotions in Reactive and Proactive Aggression
Legitimate and Non-Legitimate Goals of Proactive Aggression
Engaging With Young People Who Use Proactive Aggression
The LSI for Proactive Aggression
Practicing The LSI for Proactive Aggression
Physical Restraint Practice
Testing (written and physical)

