



**LIFE SPACE CRISIS
INTERVENTION**

Turning Problem Situations into Learning Opportunities

www.lsci.org





Life Space Crisis Intervention

A set of skills that helps parents and caregivers turn problem situations into learning opportunities.

- ✓ **Practical**
- ✓ **Brain-based**
- ✓ **Trauma-informed**
- ✓ **Relationship-centered**



LSCI helps parents & caregivers:

- Cultivate a more positive relationship with their child(ren).
- Learn what is happening in a young person's brain during periods of stress and conflict.
- Learn skills to de-escalate a child's intense emotions and prevent problem behaviors.
- Respond to children in ways that interrupt the dynamics of conflict.

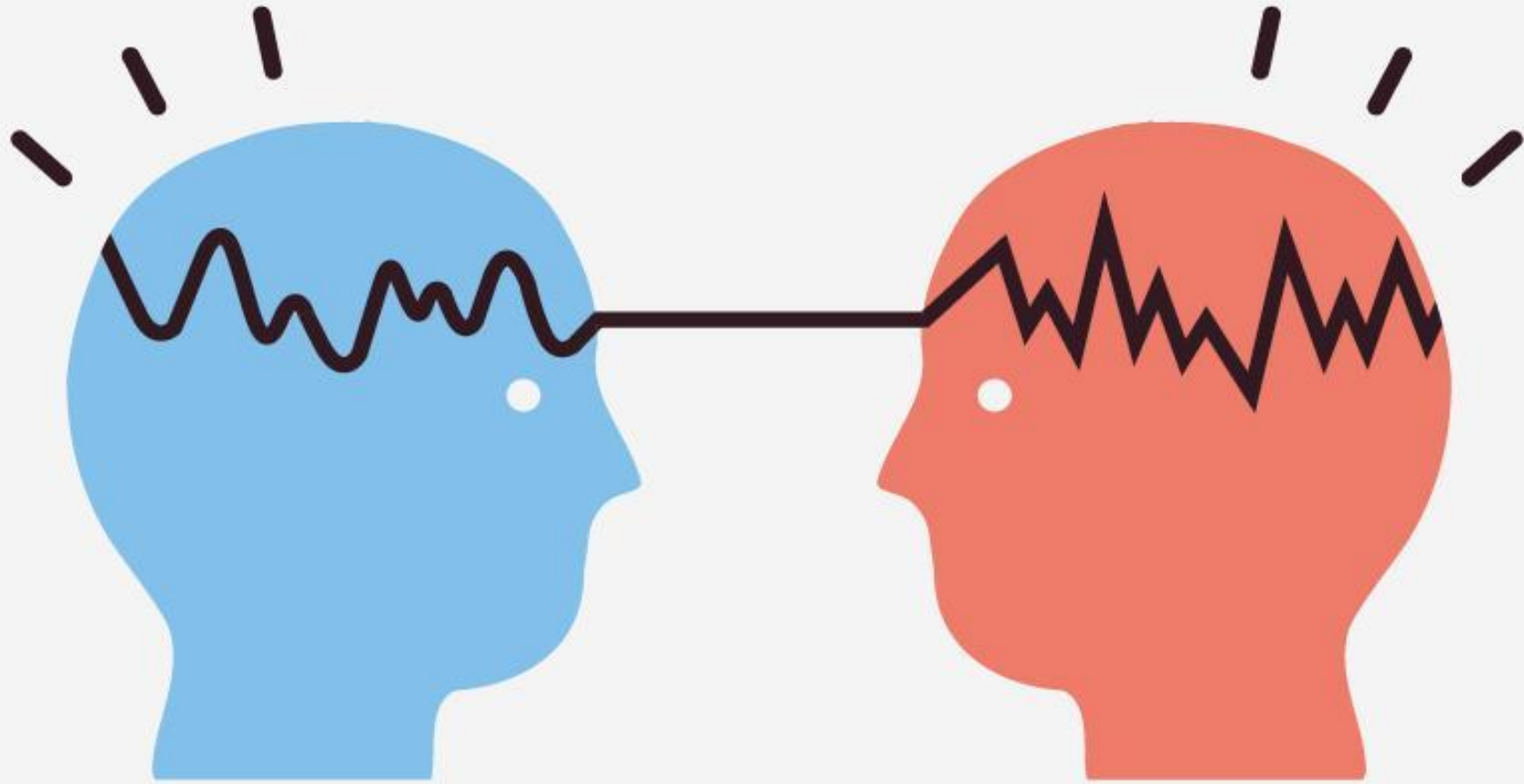


Strategies for Responding Effectively

Kids in stress create in adults their feelings, and if not trained, the adults will mirror their behavior.

We escalate a child's stress when we:

- Yell, threaten
- Use punishment as a first response
- Turn our back on
- Use logic and problem-solving too soon



Mirror Neurons & Co-Regulation

Strategies for Responding Effectively:

1. Keep calm & co-regulate
2. Validate emotions
3. Listen Well
4. Decode
5. Use self-awareness as a tool



when little people
are overwhelmed by
big emotions, it's our job
to share our calm,
not to join their chaos.
-L.R. Knost

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Cognitive Map of the Six Stages of LSCI

Stage 1: Drain Off

Staff de-escalating skills to drain off the student's intense feelings while controlling one's counter-aggressive reactions

Stage 2: Timeline

Staff relationship skills to obtain and validate the student's perception of the crisis

Stage 3: Central Issue

Staff diagnostic skills to determine if the crisis represents one of the six LSCI patterns of self-defeating behavior

Stage 4: Insight

Staff clinical skills to pursue the student's specific pattern of self-defeating behavior for personal insight and accountability

Stage 5: New Skills

Staff empowering skills to teach the student new social skills to overcome his pattern of self-defeating behavior

Stage 6: Transfer of Training

Staff consultation and contracting skills to help the student re-enter the classroom and to reinforce and generalize new social skills

Diagnostic Stages

Reclaiming Stages



For more information:

Visit: www.lsci.org

Email: signewhitson@lsci.org

Call: 610-349-3567

Online training:

[Parenting the Challenging Child](#)

