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# Training Life Space Crisis Intervention (LSCI)

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**Euro-Compétences et Initiatives pour le Développement de l'Entrepreneuriat Solidaire**

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## **Life Space Crisis Intervention (LSCI)**

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LSCI is an advanced, interactive therapeutic strategy, developed to turn crisis situations into learning opportunities for children and youth with chronic patterns of self-defeating behaviors. LSCI views problems or stressful incidents as opportunities for learning, growth, insight, and change. This non-physical intervention program uses a multi-theoretical approach to behavior management and problem solving. LSCI provides staff a roadmap through conflict to desired outcomes using crisis as an opportunity to teach and create positive relationships. It aims to change behavior, reduce anxiety, increase self-esteem and enhance understanding of the behavior of others.

LSCI was initially developed to handle crisis situations where children and youth display self-defeating behavior. However, its basic principles are also highly relevant when working with adults. They are perfectly fit to support professionals working in a penitentiary setting, to learn them how to turn crisis situations into learning opportunities for inmates.

The training describes the various aspects of a 'conflict cycle', by addressing different elements that can lead to a crisis and offering a method to recognize emotions and anxieties that often cause self-defeating behavior. The training also delivers insight into the six stages of the LSCI process, and how this process can be applied to different forms of self-destructive behavior. Participants learn how to handle a crisis situation and how to support the person in crisis to acquire a better understanding of the situation and how to end the crisis situation efficiently.

## **Target group**

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The LSCI training targets professionals working in penitentiary settings, learning them how to turn crisis situations into learning opportunities for inmates with chronic patterns of self-defeating behaviors. All prison staff in direct contact with troubled inmates will gain from the advanced intervention skills offered in this course.

## **Training objectives**

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Participants are trained to manage situations where an inmate:

- Acts out in stress toward unsuspecting helpers, sparking explosive and endless power struggles
  - Makes poor decisions based on distorted thought patterns and perceptual errors
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- Has the right intentions and motivation but lacks the social skills to be successful
- Is purposefully aggressive and exploitive with little conscience
- Acts in self-damaging ways due to being burdened with shame and inadequacy
- Becomes entangled in destructive peer relationships and is vulnerable to manipulation

At the end of the course, participants will be able to:

1. Articulate the dynamics of conflict cycles which lead to self-defeating behavior.
2. Diagnose an inmate's thinking errors that interfere with communication and problem-solving.
3. Identify and intervene effectively with the process of staff counter-aggression which precludes effective intervention
4. Demonstrate effective de-escalation, decoding, and counseling strategies for inmates in crisis.
  - a. Differentially diagnose and practice interview techniques for different patterns of self-defeating behavior:
  - b. Problems originating elsewhere in an inmate's ecology
  - c. Problems rooted in an inmate's reality distortions
  - d. Problems resulting from social skill deficits
  - e. Problems related to negative peer influence
  - f. Problems related to lack of prosocial values
  - g. Problems of guilt and self-abusive behavior
5. Match specific reclaiming interventions with different patterns of self-defeating behavior; utilize specific communication skills for each reclaiming intervention; and reflect on how certain problems relate to the helper's own personality and values.

## **Programme**

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### **ARRIVAL (09.09.2018)**

18:00 Opening dinner with all participants, trainer and hosting organization

### **TRAINING DAY 1 (10.09.2018)**

#### Theory

1. Theoretical background of LSCI
2. Crisis as learning opportunity
3. LSCI training objectives
4. Target group

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5. Developmental fears from child to adolescent
6. Different levels of values linked to development
7. Conflict cycle
8. Defense mechanisms in inmates

#### Constructing the LSCI conversation:

1. Communication skills
2. Offering emotional first aid
3. The six stages of the LSCI process
4. Possible pitfalls when applying LSCI

#### **TRAINING DAY 2 to 4 (11.09 to 13.09.2018)**

##### Training of skills linked to different therapeutic objectives

1. Red flag (determining the source of the crisis)
2. Reality Rub (organizing perception of reality)
3. Symptom estrangement (gently confronting with inappropriate behavior)
4. Massaging numb values (strengthen values to enhance self-control)
5. New tools (teach new social skills)
6. Manipulation of the boundaries of the self (identifying exploitation by peers)

#### **TRAINING DAY 5 (14.09.2018)**

##### Real life exercises and evaluation

1. Participants practice the six intervention techniques
2. Written test
3. Practical test: having an LSCI conversation

#### **EVALUATION**

##### Evaluation

Participants will receive

- Certificate of attendance
- LSCI certificate delivered by the LSCI institute
- EUROPASS Mobility certificate

The training includes a copy of the publication 'Life Space Crisis Intervention: Talking with students in crisis situations' (N.J. Long, M.M. Wood & F.A. Fecser. 2003, PRO-ED, Austin).

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## Practical arrangements

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### Trainers and participants

The training will be conducted by one LSCI trainer, and the number of participants will be limited to 24.

### Location: BORDEAUX (France)

The organizer provides a training room suitable for the number of participants. Besides that, sufficient small rooms will be provided so participants are able to practice in small groups of 4 persons.

**Working language:** English

## Evaluation

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The organizer is responsible for evaluating the course of the LSCI training and will deliver relevant information to the trainer of UC Limburg.

## Fees

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€ 350 per participant for training session

€ 175 per participant for training materials (publication, syllabus, certificate of attendance) and organizational support

€ 780 per participant for Accommodation and Meals (with one social event on evening)

Transportation (airplane, local public transport) are NOT included in TRAINING COSTS.

Organizations can apply for their staffs under **ERASMUS+ KA1 Mobility for EU grants** with deadline on February 01, 2018 at 12:00.

## Registration

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**Pre-registration:** till June 30, 2018 by sending a mail confirmed by formal letter to the above address

To help you to submit an ERASMUS+ application to ask for EU grants to support costs to attend this training session, please feel free to contact us **no later than January 26, 2018** by sending a mail to [contact@euro-cides.eu](mailto:contact@euro-cides.eu)

**Payment method:** 100% by July 31, 2018.

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