Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Training Announcement

Name of Class	Class ID#	Course ID#
Fundamentals of Realistic De-Escalation	**201174**	**47263**

Date of Training	Time	Hours	Location
November 17, 2026	**8:30-4:30**	**8**	**MTU Headquarters 1740 Innovation Drive, Room 241 Carbondale, IL 62903**

Course Description

Officers routinely encounter individuals who are angry, fearful, confused, emotionally overwhelmed, or experiencing a behavioral health crisis. In these moments, the ability to recognize what is driving a person's behavior – and respond with the right combination of communication, time, distance, positioning, and tactical decision-making – can make a critical difference.

This course provides law enforcement professionals with practical, evidence-informed strategies for safely managing difficult, high-stress encounters. Participants will explore the realities and limitations of de-escalation while learning how to stabilize incidents, maintain tactical options, establish rapport, and influence behavior through effective verbal and non-verbal communication.

Course Objectives

Upon completion of this course, students will:

- ✓ Clearly define de-escalation.
- ✓ Apply core principles of incident stabilization, risk assessment, tactical decision-making, and effective communication during challenging encounters.
- ✓ Rapidly assess an interaction and determine whether de-escalation is reasonable, tactically practical, and likely to succeed.
- ✓ Use the Behavioral Influence Stairway Model.
- ✓ Apply the Thought/Emotion/Behavior (TEB) Matrix.
- ✓ Select approach and control strategies that maximize officer response options while minimizing unnecessary emotional and physical escalation.
- ✓ Balance the objective of achieving a peaceful resolution with the responsibility to protect officers, subjects, and the public.
- ✓ Apply principles of officer self-regulation and emotional control.

Instructor

MTU 15 Assistant Director, Doug Wilson, has over 24 years of police experience. Doug is an Active Threat Master Instructor, Firearms Instructor, Red Dot Pistol Instructor, Use of Force Instructor, EEVOC Instructor, TASER Instructor and has been a supervisor, FTO, and Special Response Team member/ sniper. Doug's goal is to teach police officers to become "Thinker Fighters".

Equipment Requirements

NA

Mandates Met by This Training

This course is approved by ILETSB for the following mandates:
Crisis Intervention, (Use of Force) De-escalation Techniques

This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board