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De-escalation

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Definition

De-escalation is the reduction in the intensity of out-of-control, agitated behavior and the prevention of further behavioral crisis. Following a traumatic brain injury or other neurological disorders, including stroke or brain tumor, some people become more easily confused, overwhelmed, threatened, fearful, uncertain, impulsive, and less able to control their behavior, resulting in increasing levels of verbal and physical aggression.

De-escalation techniques – including decreasing stimulation, offering calm reassurance, redirecting, and reorienting – can decrease agitation and lessen the intensity of a behavioral outburst.

Cross-References

- ▶ [Agitation](#)
- ▶ [Behavior Management](#)
- ▶ [Catastrophic Reaction](#)
- ▶ [Crisis Intervention](#)

References and Readings

- Gervasio, A. H., & Matthies, B. K. (1995). Behavioral management of agitation in the traumatically brain-injured person. *NeuroRehabilitation*, 5, 309–316.