

Explore simple calming and de-escalation strategies

This video describes simple calming and deescalation techniques.



Video hosted on Youtube <http://youtu.be/R2PSExM-NhU>

Closed Captions

Source:

[Dartmouth Trauma Interventions Research Center](http://www.dartmouth.edu/traumacenter/)

<https://www.youtube.com/watch?v=R2PSExM-NhU>

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