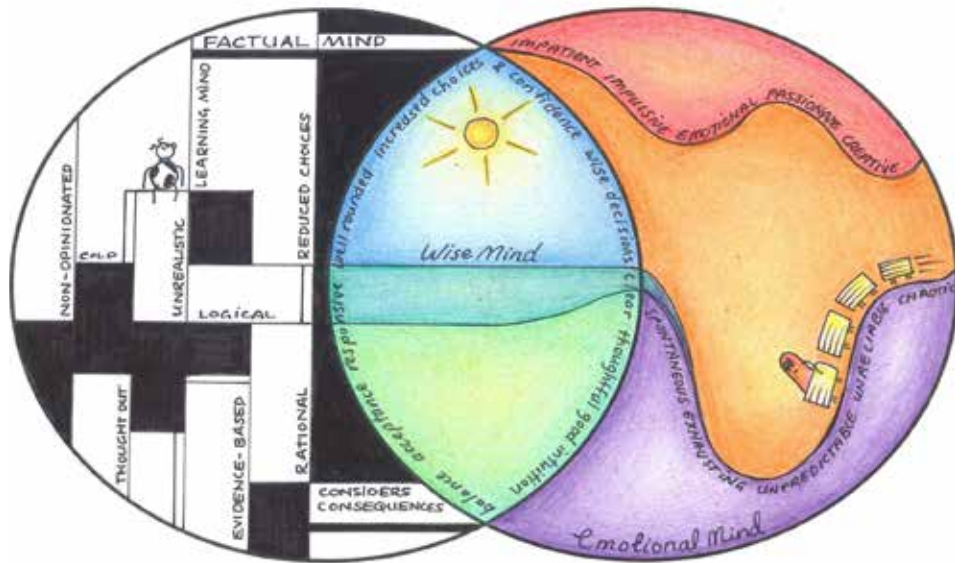


# NEWS



The topic for our March 26th Walking With You meeting was focused on issues surrounding challenging and violent behaviours. Amanda Wilson, Dialectical Behavioural Therapy (DBT) Lead from CAMHS came to present and answer parent's questions. Amanda discussed the Biosocial Theory and the biosocial vulnerability to emotions, The Wise Mind and Emotional Regulation. Please find her full presentation attached to this e-mail.



## Handy tips

### *De-escalation techniques for defusing meltdowns:*

1. Don't yell to be heard over a yelling child
2. Avoid making demands
3. Validate their feelings not actions
4. Don't try to reason
5. Be aware of your body language
6. Respect personal space
7. Get on your child's level
8. Use a distraction
9. Acknowledge your child's right for refusal
10. Reflective listening
11. Silence
12. Be non-judgemental
13. Answer questions and ignore verbal aggression
14. Movement break
15. Avoid the word 'no'
16. Decrease stimulation
17. Deep breathing exercises
18. Calming visuals

### **SENDIAS**

*Can help and advise with the process of Educational Health Care Plan (EHCP) – sendias@buckinghamshire.gov.uk*

*Live Chat: Sendias@buckinghamshire.gov.uk  
Tel: 01296 383754*

### **Books**

*Mrs Hinch, Hinch Yourself Happy – By Mrs Hinch  
Can you see me? – By Libby Scott and Rebecca Westcott  
Overcoming your child's fears and worries – By Cathy Cresswell and Lucy Willetts*

### **Referral?**

CAMHS is contactable through our SPA (Single Point Access). You can simply fill in an on-line parent/carer referral via the CAMHS website or you can call SPA to complete the referral or get some advice over the phone.

e-mail: oxfordhealth.bucksCAMHSSPA@nhs.net

Tel: 01865 901951