



WWW.360POLICING.COM  
360POLICING@GMAIL.COM



DE ESCALATION TACTICS

4 years U.S. Army Paratrooper

24.5 years active LEO

21.5 years SWAT member, team leader, commander

21 years LEO Instructor, Subject Control, Physical Fitness, Rapid Deployment

Use of Force Review/ Excited Delirium/ In Custody Death SMF

IADLEST Certified

Special Operations Division Lieutenant

**JOHN MORRIS, LIEUTENANT**



- ▶ You want to be told why
- ▶ You want to be asked and not told
- ▶ You want to be given choices
- ▶ You want a second chance

## UNIVERSAL PRINCIPLES OF DE ESCALATION

# Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation

Jared B. Torre

*Department of Psychology, University of California, USA*

Matthew D. Lieberman

*Department of Psychology, University of California, USA*

*Emotion Review*

Vol. 10 No. 2 (April 2018) 116–124

© The Author(s) 2018

ISSN 1754-0739

DOI: 10.1177/1754073917742706

[journals.sagepub.com/home/er](http://journals.sagepub.com/home/er)

## Abstract

Putting feelings into words, or “affect labeling,” can attenuate our emotional experiences. However, unlike explicit emotion regulation techniques, affect labeling may not even feel like a regulatory process as it occurs. Nevertheless, research investigating affect labeling has found it produces a pattern of effects like those seen during explicit emotion regulation, suggesting affect labeling is a form of implicit emotion regulation. In this review, we will outline research on affect labeling, comparing it to reappraisal, a form of explicit emotion regulation, along four major domains of effects—experiential, autonomic, neural, and behavioral—that establish it as a form of implicit emotion regulation. This review will then speculate on possible mechanisms driving affect labeling effects and other remaining unanswered questions.

## Keywords

affect labeling, emotion regulation, implicit

# AFFECT LABELING PEER REVIEWED DATA

## ▶ TACTICAL EMPATHY

- ▶ Imagine yourself in their position
- ▶ Recognize their perspective and demonstrate
- ▶ Understand their feelings and what fuels them
- ▶ Focus on identifying emotional obstacles
- ▶ Analyze their words tone and body language, recognize incongruencies

## ▶ AFFECT LABELING

- ▶ Validates their emotions by verbally acknowledging it
- ▶ Seems like....
- ▶ Sounds like....
- ▶ Looks like....
- ▶ Pause and let the label sink in. They will fill in the silence

# TACTICAL EMPATHY & AFFECT LABELING

- ▶ Automatically assumed drugs
- ▶ Took to the ground, struggle, multiple drive stuns (8 times for 48 sec)
- ▶ Claimed he told the deputy he was sick
- ▶ Deputy never stated man was a threat and conceded that the man said he was sick
- ▶ “Nonviolent and non resisting subject has a right to be free from an officers UoF”
- ▶ “The mere failure of a citizen, not arrested for a crime, to follow the officer's commands does not give the officer authority to put them in handcuffs”

## CASE REVIEW: SMITH V. CITY OF TROY

Person NOT committed a crime, NOT resisting arrest, or NOT directly threatening the officer, the court should ask:

- ▶ Was the person experiencing a medical emergency that rendered him incapable of making a rational decision under circumstances that posed an immediate threat of serious harm to himself or others?
- ▶ Was some degree of force reasonably necessary to make the immediate threat less of a danger?
- ▶ Was the force used more than reasonably necessary under the circumstances (i.e., was it excessive)?

## **WHAT IS THE LAW FOR USE OF FORCE FOR NON-CRIMINAL ACTS?**

ESTATE OF COREY HILL V. MIRACLE, 2017 WL 1228553 (6TH CIR. 2017) DECIDED  
APRIL 4, 2017

# QUICK TAKES

- ▶ It Seems Like.... It Sounds Like.... It Looks Like....
- ▶ Use of force when there is NO criminal acts, we should document:
  - ▶ How the person could not make a rational decision due to the medical/mental emergency.
  - ▶ Actions/Behavior that made the situation potentially an immediate threat of serious harm to himself or others?
  - ▶ The purpose of the force and how it was necessary to lower the immediate threat.



## Our Training Courses

- ✓ Verbal De Escalation 16 hour Nationally Certified or 8 Hour basic courses
- ✓ Basic Use of Force and Documentation 8 hours
- ✓ Advanced Use of Force Review for Supervisors 16 Hours



FINAL THOUGHTS