

## Youth Consultation Service – New Jersey



With CPI training, newly hired staff feel more confident in their ability to address anxiety, defensiveness, and acting out. Participants are taught techniques to establish rapport and respect with colleagues and consumers alike.

CPI provides a skill set that minimizes the need to apply other more restrictive restraint techniques.

I use directed meditation as an example of practicing rational detachment and to emphasize how it can impact the integrated experience. Though not allowed to teach CPI techniques, participants are encouraged to practice and use them outside of the work setting as well as on the job.

— Rhonda Wise, Trainer, Youth Consultation Service

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Source: Rhonda Wise, Trainer, Youth Consultation Service

✓ Validated

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