

LSCI Life Space Crisis Intervention

LSCI is an advanced, interactive therapeutic strategy for turning crisis situations into learning opportunities for children and youth with chronic patterns of self-defeating behaviors. LSCI views problems or stressful incidents as opportunities for learning, growth, insight, and change. This non-physical intervention program uses a multi-theoretical approach to behavior management and problem solving. (www.lsci.org)

It takes a 6 days training for staff to learn how to use the LSCI method.
(theory, skill training, role play...)

The format of an intervention uses 6 phases:

DRAIN OFF	acknowledge feelings, drain off intensive emotions, control your own aggression	
TIME LINE	by using affirming, listening and decoding skills discover the youngsters point of view who, where, when,, intensity, frequency, purpose, duration, catchiness	
CENTRAL ISSUE	escalation by intense feelings good intention, wrong skills wrong perspective guilt and punishment irrational justification, no guilt manipulation of peers	<i>(red flag)</i> <i>(new tools)</i> <i>(reality rub)</i> <i>(massaging numb values)</i> <i>(symptom estrangement)</i> <i>(manipulation of body boundaries)</i>
INSIGHT	make the issue comprehensible / learningmoment understand the principles of the conflictcycle discover solutions and opportunities	
NEW SKILLS	principles of problem solving and skill training	
TRANSFER OF TRAINING	ensure the agreements and guide back to group/ context	

Youngsters who are used to interact in a “LSCI – modus” get a better **insight** in their own and in others behavior, become better **motivated** to learn and change and increase their level of **trust** in other people.

This is an important foundation to start a successful reintegration after a period in (closed) institution.

The conflict cycle helps staff and youth to reflect about and analyse a difficult situation.

The longer you use this method, the more it becomes a solution cycle.

