

Understanding Aggressive Behaviour & De-escalation Techniques



Why do this workshop

This interactive training session will help you understanding why people react the way they do & what you can do about it.

Learning Outcomes

- Recognise various Mental Health illnesses that can contribute to loss of control of emotions
- Understand theories that explain the origins of anger, aggression, and violence
- Identify healthy coping skills vs marginal coping behaviours
- Ability to differentiate between various communication styles
- Understand and practice de-escalation techniques

About the facilitator

This new training has been developed and facilitated by WACRH's Mental Health Academic Chantal Crinquand Bachere, who comes from a mental health nursing and counselling background.

Who should attend?

Anyone interested in developing their knowledge and skills in mental health, aggression, and de-escalation techniques. Typically, attendees will be frontline personnel including health, education and welfare workers.

A Certificate of Attendance will be provided on completion of the training.

Date: Tuesday 4 Nov. 2025
Venue: WA Centre for Rural Health
167 Fitzgerald St, Geraldton
Time: 9.00am-12.30pm (3.5 hours)
RSVP: admin-wacrh@uwa.edu.au or 9956 0200
Cost: \$100. Training manual, certificate of attendance & morning tea included.



Western Australian Centre for Rural Health



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