



## Research Shows

In a survey of 626 TCI Trainers\*, 98 % think that the LSI is effective at **maintaining or preserving the relationship between staff and youth**. Trainers also view the LSI as an effective tool for **helping youth connect feelings to behaviors**, to **re-enter the program or group after a crisis**, and to **practice new coping skills**.

Trainers indicate a need for more training in the LSI. One-third of trainers do not agree that managers at their agency have a good understanding of the LSI, meaning that some **supervisory staff may not have the knowledge needed to effectively guide LSI implementation**. Two thirds of trainers also say they **wish staff at their agency had more training in conducting LSIs**. In addition, half of trainers also say that **only a “few” or “some” of their staff are proficient in the LSI**. Finally, only 40% of trainers think their colleagues have a positive attitude towards the LSI, an indication that **many staff do not view the LSI positively**.

Trainers were also asked about staff use of the LSI at their agency after incidents. More than **three quarters of trainers report that LSI's are conducted usually or always after major incidents**. In contrast, only about one third of trainers report that LSI's are usually or always conducted after minor incidents.

# The Life Space Interview

*The Life Space Interview is a verbal strategy for providing active intervention in young people’s lives. Referred to as “the clinical exploitation of life events,” staff can use the LSI to help children move from impulse to self-regulation to self-mastery. Trainers play a key role in helping staff understand the importance of implementing high quality LSIs.*

## Trainers Agree

### The LSI is effective:

98%

Helping to maintain/preserve the relationship

98%

Helping youth re-enter the program

97%

Helping youth connect feelings to behaviors

97%

Helping youth practice new coping skills

### More LSI training is needed:

65%

Managers at my agency have a good understanding of the LSI

62%

Wish staff had more training in how to conduct LSIs

49%

Most staff are proficient in the LSI

40%

A majority of colleagues have a positive attitude toward the LSI

## When do staff use the LSI?

LSI's are conducted usually or always after

MAJOR incidents

77%

MINOR incidents

32%

## Trainers Speak:



### Benefits of the LSI

*“Great way to preserve and develop relationships with kids.”*

*“[The LSI helps] the client connect their feelings to behaviors. The whole LSI process seems to help the direct care staff to remember that the clients are here because of significant deficits in a number of areas, which helps them to depersonalize the clients’ behavior and focus on skill building.”*

*“It helps the youth become more self aware, helps them connect thoughts and feelings to behaviors.”*

*“It allows the student to practice what could be done differently.”*

### What’s the Most Challenging Part of the LSI?

*“Getting staff to complete with meaning and intention rather than just going through the motions.”*

*“Our staff is resistant because they do not understand the value of the LSI.”*

*“Getting direct care staff to use it consistently at times other than restraints.”*

*“Staff believe they know how to do it, but they have drifted (skip steps, blend steps).”*



**QuickTRIPs** are summaries of research related to the Residential Child Care Project (RCCP) located at Cornell University in the Bronfenbrenner Center for Translational Research. Research topics are inspired by and for practitioners at the RCCP. If you have comments, suggestions, or an idea for a research topic related to the work of RCCP, contact Eugene Saville, eas20@cornell.edu. **We'd love to hear from you!**

## Tips for Trainers

These tips will help trainers make the most of their work assisting staff to implement the LSI.

1. Allow **enough time for practicing LSIs** in both core and refresher TCI trainings. Practice should involve a range of scenarios such as after a restraint, after an event other than restraint, with youth who could become violent, and with youth who resist participating in the LSI. Adequate time devoted to practice activities helps staff effectively and confidently use LSIs with youth.
2. Work with supervisors to **develop mentoring and support strategies** for staff who implement LSIs. On-the-job, regular feedback about LSI implementation is critical to on-going staff development and high-quality LSI implementation.
3. Emphasize in training that **the LSI is for any situation** in which staff have assisted a child to return to baseline or their normal functioning. It's not reserved only for use after a major crisis or restraint.

## Source / Further Information

\* Findings are from the LSI survey with 626 TCI trainers from the US, UK, Ireland, and Australia conducted by the RCCP in 2015.

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