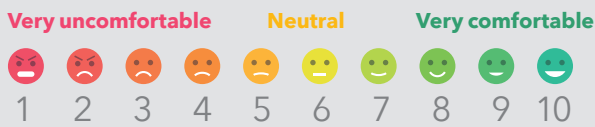


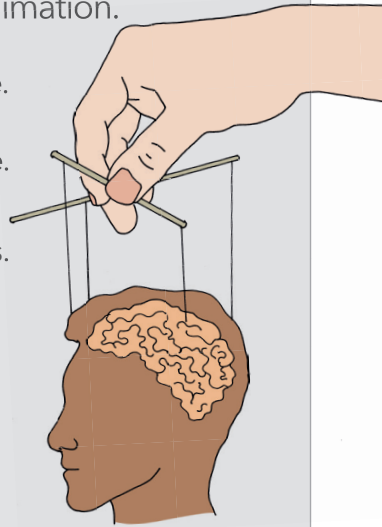
Psychological Restraint Animation Reflection

1. Rate your level of comfort watching the animation (*circle your score*).



2. Tick all the types of communication strategies that might constitute psychological restraint that you saw in the animation.

- a) Invading personal space.
- b) Threatening body language.
- c) Intimidation.
- d) Forced choices.
- e) Inappropriate tone of voice.
- f) Patronising language.
- g) Inducing fear.
- h) Inducing guilt.
- i) Passive aggression.
- j) Valuing professional expertise over lived experience.
- k) Communicating private information in public.
- l) Gaslighting/manipulation.
- m) Abusing authority and institutional power.
- n) Repetitive, constant, low-level pressure.
- o) Omitting information.



3. Did you perceive the level of threat to increase as the animation progressed?

Yes No

Explain why you marked Yes/No.

4. What reasons might the staff member have for using psychological restraint?



5. Was the use of psychological restraint justifiable?

Blank lined area for writing an answer to question 5.



7. What ways might you avoid using psychological restraint in your practice?

Large blank lined area for writing an answer to question 7.

6. Write down some examples of psychological restraint you have seen or used in your practice.

Blank lined area for writing an answer to question 6.

