

Psychological restraint is when staff use communication strategies to put psychological pressure on a person to do something they don't want to do or to stop them from doing something they want to do.

# Psychological restraint

Staff should:

1 help you to explore choices



2 try to understand how you feel about things



3 talk, listen and respond to you as an equal



4 try to support your decision making, even if they think it's a bad idea



5 treat you with care and compassion if they must make decisions for you



6 support you and learn from restraint if/when it happens



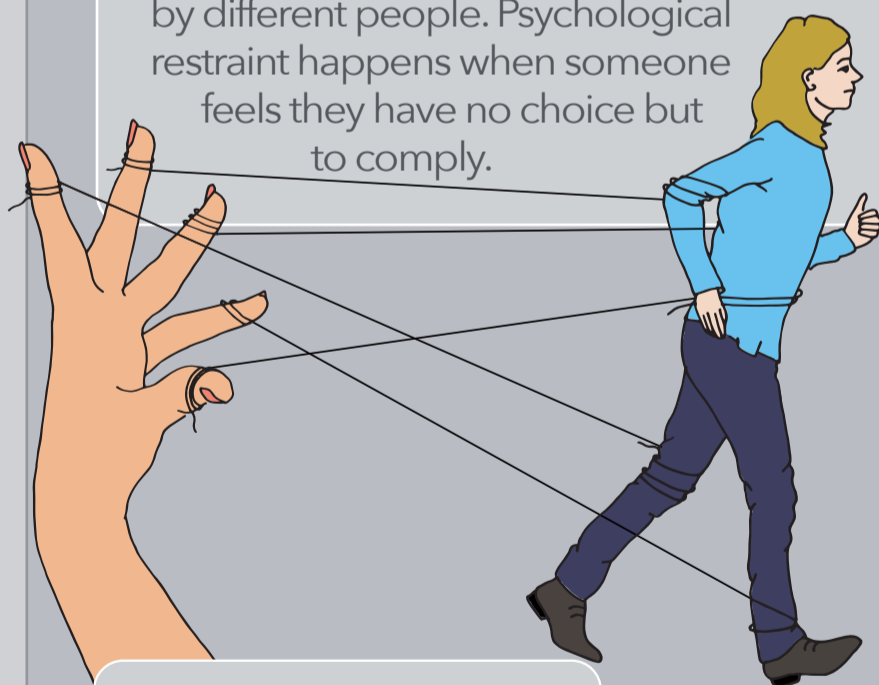
TONE OF VOICE  
INTIMIDATION



There is no evidence of clinical benefit or improvement in safety in the use of psychological restraint.



Psychological pressure is felt differently by different people. Psychological restraint happens when someone feels they have no choice but to comply.



Psychological restraint can lower self-esteem, cause stigma and trauma and create mistrust of staff and treatment.

