

Psychological restraint

For health care staff
working with people
in health and social
care settings



Trigger warning

This video contains difficult material about restraint and the effects of being an inpatient in mental health hospitals.



What is psychological restraint?

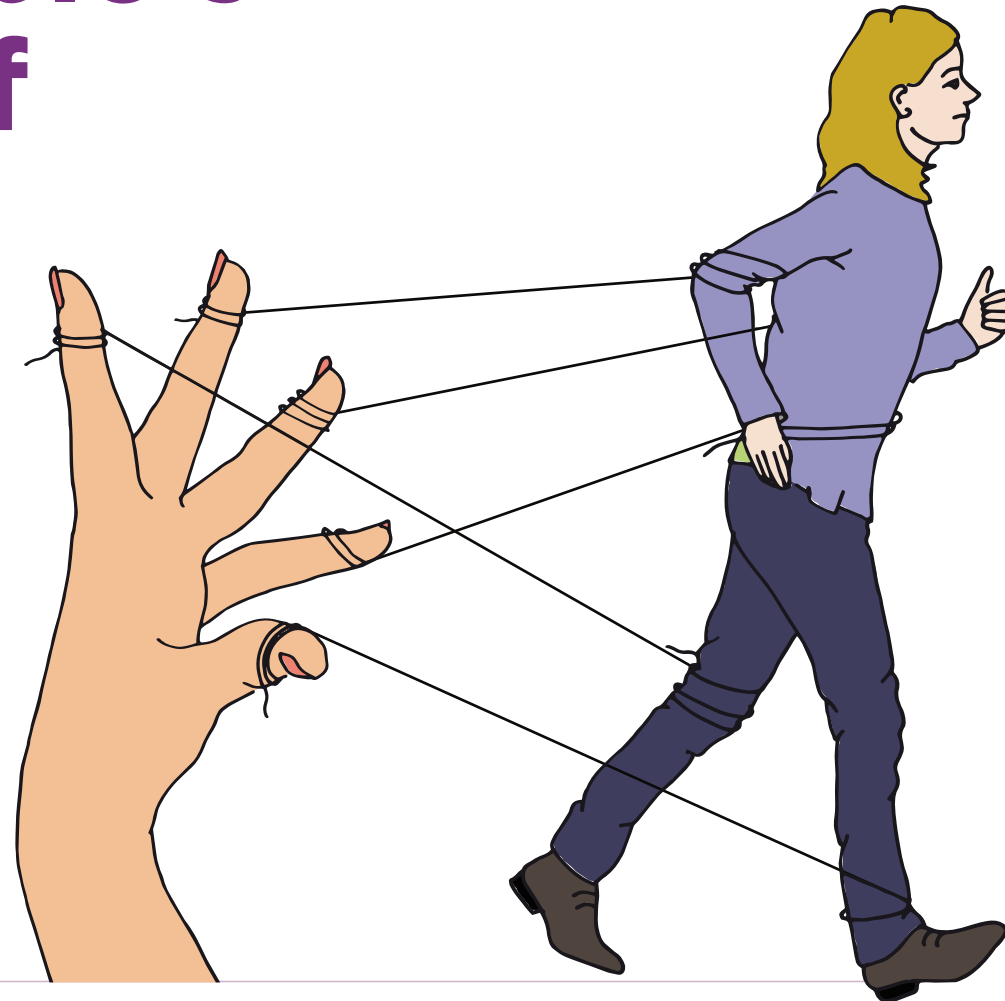


What is psychological restraint?

Definition:

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 stop them from doing something they want to do.

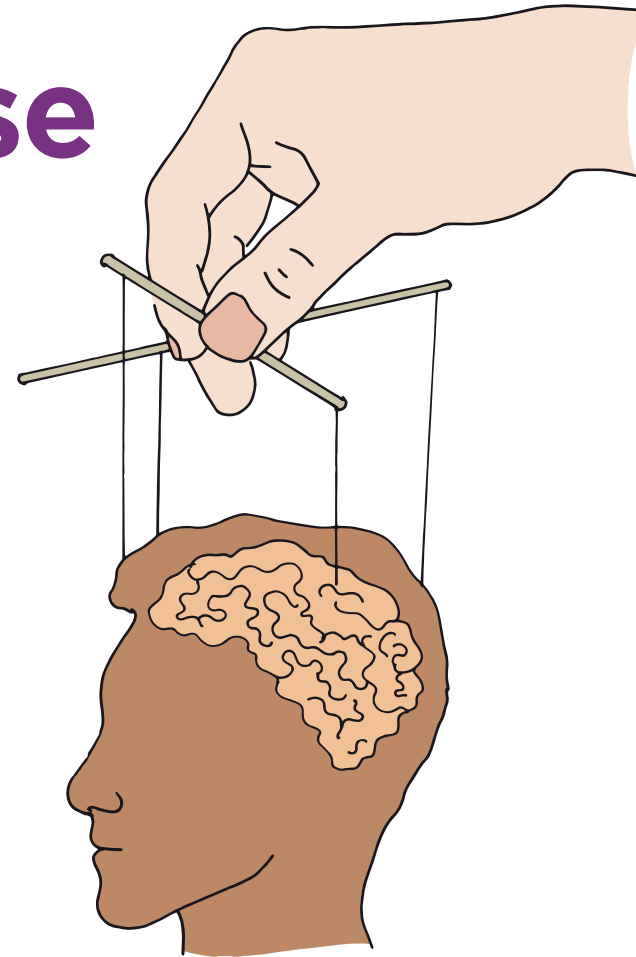
What are people's experiences of psychological restraint?



What is the impact of psychological restraint?



Why do staff use psychological restraint?



Is psychological restraint justifiable?



What should staff do instead?



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



Join the Restraint Reduction Network

Together we can overcome
restraint inequality!

<https://restraintreductionnetwork.org/>



Thank you for listening

