

## *Hierarchy of Interventions: Guide to Related Podcasts*

The Hierarchy of Interventions is presented in the Becoming Centered podcast episodes 51 – 54. However, there are prior episodes that expand on the concepts and techniques that make up the Hierarchy. All episodes can be found on the Podcast page at: [www.BearClanllc.com/Podcasts](http://www.BearClanllc.com/Podcasts), along with relevant handouts that either summarize key points or present resources related to that podcast episode.



Episode 51: “The Hierarchy of Interventions”  
Episode 52: “The Aspect Compass and Labeling”  
Episode 53: “Change Environment and Limit Setting”  
Episode 54: “Choices, Breaks, Support Center, Physical Intervention”

### Intervention: Centering Break

Episode 39: “Empathy vs. Processing & Coping Activities”

- Includes a chart of Coping Activities and Negative Coping Skills. Coping Activities are a way to add structure to Breaks to support Self-Regulation.

### Intervention: Support Center

Episode 42: Introduction to Processing  
Episode 43: Basic Cognitive Processing  
Episode 44: Chaining

### Intervention: Physical Intervention

Episode 7: Physical Interventions

- Explores some of the ethical issues around physical interventions.

Episode 8: Physical Restraints

- Explores different approaches, including physical restraints, to violent behaviors.

Episode 9: Trauma Protection with Physical Restraints

- Focuses on how to reduce the traumatic impact of performing physical interventions.

Episode 10: After Physical Restraints

- Post-restraint procedures, such as Debriefing, Processing, Administrative Reviews, and Self-Care for staff are presented.

There are also several episodes that use the Aspect Compass to understand various interventions and techniques. Those episodes include:

Episode 6: “The Aspect Compass and Setting Limits”  
Episode 16: “The Aspect Compass & Meetings Kids’ Needs”  
Episode 27: “The Aspect Compass and Self-Talk”  
Episode 36: “The Aspect Compass”