

Certificate of Attendance

Awarded to:

Zahrz Abdi

**Therapeutic Intervention and Personal Safety Training
Provided by:**

PHYXIUS

The class content includes information on the reasons behind behavior problems, strategies to avoid confrontations, and personal safety techniques to protect the safety of self and others.

Class Hours = 4.07

**Instructors: Amber Jacobson BS, DM, MHP, WBA
Laura Dyre DM, MHP, WBS
Logan Nuesse, Program Leader
Brandon Jensen, Utility Program Leader**



Instructor Signature

1.19.21

Date

Staff Name: Zahra Aldi Date: 1/18/21 Program/Home: Crisis/Spiti

**Therapeutic Intervention and Personal Safety Training
Phyxius Inc.**

Personal Safety Techniques

Techniques	Date Reviewed/Taught	Trainer Initials / Comments		
Personal Awareness	1-18-21	BS		
Therapeutic Distance				
Basic Stance				
Glides and Pivots				
Blocks				
Inside Block				
Outside Block				
2 Handed Overhead				
Wrist Release				
1 Handed				
6 to 12 Release				
Chest Grasp				
Outside Block				
Down Block				
Release from Bites				
Anchor into mouth				
Release from Hair Pull				
Two Handed Outside				
Rear				
Escorts				
Simple				
Wrist Grab				
Cross Arm				
2 Person Come A-Long				
Containment/Takedowns				
Arm Bar				
Side Lying Position				

**Always caution force required depending upon client
Therapeutic Intervention and Personal Safety Training
Providing Safety for Self and Others**

Within 60 days of hire the program must provide instruction on the following topics: All of these topics are covered within the verbal portion of Therapeutic Intervention class.

- a. Alternatives to manual restraint procedures, including techniques to identify events and environmental factors that may escalate conduct that poses an imminent risk of physical harm to self or others;
- b. De-escalation methods, positive support strategies, and how to avoid power struggles;
- c. Simulated experiences of administering and receiving manual restraint procedures allowed by the program on an emergency basis;
- d. How to properly identify thresholds for implementing and ceasing restrictive procedures;
- e. How to recognize, monitor, and respond to the person's physical signs of distress including positional asphyxia;
- f. The physiological and psychological impact on the person and the staff when restrictive procedures are used;
- g. The communicative intent of behaviors; and
- h. Relationship building

Date Trained: 1.19.21

Staff Training Logan Nussse