

Certificate of Attendance

Awarded to:

Julia Gunder

**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 = *3.03*

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



Instructor Signature

11-25-20

Date

Staff Name: Jana Gutter Date: 11-25-20 Program/Home: Kalmer

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

Personal Safety Techniques

Techniques	Date Reviewed/Taught	Trainer Initials / Comments	
Personal Awareness	11-25-20	JG	
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: 11-25-20

Staff Training Logan Mueser