

# Certificate of Attendance

Awarded to:

Zak Abdi

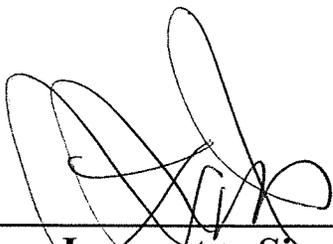
**Therapeutic Intervention and Personal Safety Training  
Provided by:**

*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 = 4.22

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



**Instructor Signature**

8/7/2020  
**Date**

Staff Name: Zak Abdi Date: 8/7/2020 Program/Home: Delta

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

**Personal Safety Techniques**

<b>Techniques</b>	<b>Date Reviewed/Taught</b> <u>8/7/2020</u>	<b>Trainer Initials / Comments</b>	
Personal Awareness		<u>UN</u>	
Therapeutic Distance			
Basic Stance			
Glides and Pivots			
<b>Blocks</b>			
Inside Block			
Outside Block			
2 Handed Overhead			
<b>Wrist Release</b>			
1 Handed			
6 to 12 Release			
<b>Chest Grasp</b>			
Outside Block			
Down Block			
<b>Release from Bites</b>			
Anchor into mouth			
<b>Release from Hair Pull</b>			
Two Handed Outside			
Rear			
<b>Escorts</b>			
Simple			
Wrist Grab			
Cross Arm			
2 Person Come A-Long			
<b>Containment/Takedowns</b>			
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: 8/7/2020  
Staff Training: 