

# Certificate of Attendance

Awarded to:

Shantell Dietman

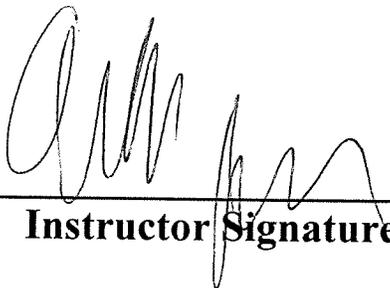
**Therapeutic Intervention and Personal Safety Training  
Provided by:**

*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**

**Instructors: Amber Jensen BS, DM, MHP, WBA  
Laura Dyre DM, MHP, WBS**

  
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**Instructor Signature**

12-27-18  
**Date**

**Therapeutic Intervention**

Staff Name: Shantell Dietman Date: 12-27-18 Program/Home: Beth

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

**Personal Safety Techniques**

<b>Techniques</b>	<b>Date Reviewed/Taught</b>	<b>Trainer Initials / Comments</b>		
Personal Awareness	12/27/18	SD		
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: 12-27-18

Staff Training: Shantell Detman