

Certificate of Attendance

Awarded to:

Farhiya Dahir

**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
Nick Tran, MHA, BS, DC
Brandon Jensen, Utility Program Leader
Logan Nuesse, Program Leader**



Instructor Signature

10/6/2021
Date

Staff Name: Farhiya Dahir Date: 10/6/21 Program/Home: Alpha

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

Personal Safety Techniques

Techniques	Date Reviewed/Taught	Trainer Initials / Comments
Personal Awareness	<u>10/6/21</u>	<u>LV</u>
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: 10/6/2021

Staff Training Farhiya Dahir