

Therapeutic Intervention

**Refresher**

## Certificate of Attendance

Awarded to:

Udwal Khadka

Therapeutic Intervention and Personal Safety Training Refresher

**PHYXIUS**

Provided by Phyxius Inc.

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 = 3.85

Instructors: Amber Jensen BS, DM, MHP, WBA

Laura Dyre DM, MHP, WBS

Logan Nuesse, Utility Program Leader

Brandon Jensen, Utility Program Leader

**Nia Tran, Utility PL**

Nicolas Tran

Instructor Signature

4.30.21

Date

Staff Name: G. J. Swal Date: 4/30/21 Program/Home: CDISS

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

Techniques	Personal Safety Techniques		Trainer Initials / Comments
	Date Reviewed/Taught		
Personal Awareness	4/30/21	NT	NT
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 topic.

these topics are covered within the verbal portion of Therapeutic Intervention class.

- a. Alternatives to manual restraint procedures, including techniques to identify environmental factors that may escalate conduct that poses an imminent risk of 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: 4.30.21

Staff Training Niran (m)