

# Certificate of Attendance

Awarded to:

Abdirisag Dhagane

**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 =** 3.42 hr

**Instructors: Amber Jacobson BS, DM, MHP, WBA  
Nick Tran Assistant Director, MHA, BS  
Brandon Jensen Assistant Director  
Christina Anderson Operation Supervisor  
Samantha Hopp Operation Supervisor**

Christina Anderson  
**Instructor Signature**

11/15/23  
**Date**

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;

Staff Name: Abdirisag Dhaqan Date: 11/15/23 Program/Home: tarasso

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

**Personal Safety Techniques**

| Techniques                    | Date Reviewed/Taught<br><u>11/15/23</u> | Trainer Initials /<br>Comments <u>CA</u>                                |
|-------------------------------|-----------------------------------------|-------------------------------------------------------------------------|
| Personal Awareness            |                                         |                                                                         |
| 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           |                                         | Had hard time putting<br>the person into position<br>to hold a takedown |
|                               |                                         |                                                                         |
|                               |                                         |                                                                         |

**Always caution force required depending upon client**  
**Therapeutic Intervention and Personal Safety Training**  
*Providing Safety for Self and 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: 11/15/25  
Staff Training Abdisag Dhaqane