

Staff Name: Khalid Abdi Date: 2/7/29 Program/Home: Tota

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

Personal Safety Techniques

Techniques	Date Reviewed/Taught <i>2/7/29</i>	Trainer Initials / Comments <i>AJ</i>
Personal Awareness		
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

- 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: 2/7/24
Staff Training Khalid Abdi

Khalid Abdi IOTA Refresher

Final Audit Report

2024-02-14

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