

# Certificate of Attendance

Awarded to:

Jordan Sather

Therapeutic Intervention and Personal Safety Training .....

## 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 = 2.75

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

Christina Anderson  
Instructor Signature

5/1/24  
Date

Staff Name: Jordan Sather Date: 5/1/24 Program/Home: Sigmen

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

**Personal Safety Techniques**

Techniques	Date Reviewed/Taught <u>5/1/24</u>	Trainer Initials / Comments <u>CSA</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		

**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: 5/1/24  
Staff Training: Jordan Sather