

Staff Name: Nicole Woods Date: 3/13/25 Program/Home: Theta

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

**Personal Safety Techniques**

<b>Techniques</b>	<b>Date Reviewed/Taught</b>	<b>Trainer Initials / Comments</b>		
Personal Awareness	3/13/25 NT	No work on		
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*

# Certificate of Attendance

**Awarded to:**

Nicole Woods

**Therapeutic Intervention and Personal Safety Training  
Provided by:**

The logo for PHYXIUS features the word in a serif font with a stylized orange and yellow arc above the 'Y'.

**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 = 2.63**

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

Nick Tran

**Instructor Signature**

3/13/25

**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;
- 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: 3/13/25  
Staff Training Nicole Woods

# Certificate of Attendance

Awarded to:

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**Therapeutic Intervention and Personal Safety Training Refresher**

*PHYXIUS*

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**Class Hours =**

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**Instructor Signature**

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**Date**