Certificate of Attendance

Awarded to:

Aashmah Shah

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 = ~~4~~ 4.1 hours

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

Instructor Signature

3/28/25
Date

Staff Name: Aashima Shah Date: 5/28 Program/Home: Kalimera

Therapeutic Intervention and Personal Safety Training
Phyxius Inc.

Personal Safety Techniques

Techniques	Date Reviewed/Taught	Trainer Initials / Comments
Personal Awareness	5/28/25	5/28/25
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

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: 05/28/25
Staff Training

Therapeutic Intervention
Refresher