

Certificate of Attendance

Awarded to:

Abdimalik Abdi

**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 = 2hr 40min

**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**

Samantha Hopp
Instructor Signature

6/25/25
Date

Staff Name: Abdimalik Abdi Date: 6/25/25 Program/Home: Kalinychtel

Therapeutic Intervention and Personal Safety Training
Phyxius Inc.

Personal Safety Techniques

Techniques	Date Reviewed/Taught <u>6/25/25</u>	Trainer Initials / Comments <u>Ar</u>
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: 6/25/25
Staff Training Abdimalik Abdi