

Certificate of Attendance

Awarded to:

Reagan Totzke

**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 = ^{3.75}

**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**

Amber Jacobson
Instructor Signature

7/2/25
Date

Staff Name: Raygen Steele Date: 07/02 Program/Home: Beta

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

Personal Safety Techniques

Techniques	Date Reviewed/Taught	Trainer Initials / Comments		
Personal Awareness	07/02	07/02		
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: 07/02/25
Staff Training: [Signature]