

Therapeutic Intervention

**Refresher**

## Certificate of Attendance

Awarded to:

~~Alexander Lewis~~ Jade Myers

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 = 3/hrs

**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  
Amber Norlund, Director of Operations, DC**

Amber Norlund  
Instructor Signature

10/30  
Date

Staff Name: Jude Myers Date: 10/30 Program/Home: Sigma

**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            | 10/30                       | 10/30                              |
| 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**

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: 10/30

Staff Training 10/30