

SAM Instructor Program

Safe Approach for Managing Aggressive Behavior (SAM®) Instructor Training

This 8-hour program will allow the participant to prepare staff on how to identify, diffuse and manage anxious and/or aggressive behavior. After successful completion, Instructors may choose to share: *SAM Session I*, and/or *SAM Session II* with colleagues and/or staff. Each participant receives an Instructor Manual, companion PowerPoint Presentation, and a Session I & II Student Workbook. Instructors should have the ability to train in complex psychomotor skills.

SAM Instructor Program Outline

Introduction

- What are SAM Programs?
- SAM Objectives
- Violence in Schools

Strategies for Preventing and Diffusing Aggressive Behavior

- Behavior and Intervention
- Plan, Identify, Act
- Mental Conditioning

Methods of Communication

- Non-Verbal Communication
- Categories of Non-Verbal Communication
- Personal Space & Reactionary Distance
- Eye Communications
- Gestures, Postures and Facial Expressions
- Signals to Watch for and Understand

Stages of Conflict and Management

- Stage 1: Anxiety
 - Recognizing Anxiety
 - Anxiety Triggers
 - Managing Anxiety

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- Listening
 - Levels of Listening
 - External & Internal Distractions
- Verbal Communication Skills
 - Understanding Fear and Panic
 - Mind and Body Stress Feedback Loop
- Stage 2: Verbal Aggression
 - Recognizing Verbal Aggression
 - Verbal Aggression Triggers
 - Managing Verbal Aggression
 - Bullying
- Stage 3: Physical Aggression
 - Physical Aggression Triggers
 - Recognizing Physical Aggression
 - Managing Physical Aggression
 - Use of Diversions / Distraction

Strategies for Managing Physical Confrontations

- Principles of Personal Defense & Safety Skills
- Principles of Center
- Personal Defense Weapons

Personal Defense Response & Options

- Defense from Holds
 - Front Choke
 - Rear Choke
- Wrist Grab
- Approaching and Separating Two Individuals
- Weapon Threat
- Control the Threat
- Active Shooter Threat
- Go to the Floor / Ground

Methods of Instruction

- Foundations of Learning
- Principles of Adult Learning
- Instructor Manual and Slides
- Presentation Techniques
- Training Aids

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