



Safe Approach for Managing Aggressive BehaviorSM

SAMSM Session I & II: One-Day Seminar

Prevent and manage disruptive aggressive behavior using verbal, non-verbal and personal safety skills

With an emphasis on **planning for, identifying and** appropriately **responding** to bullying, disruptive and potentially violent situations in educational settings, **SAM Session I** provides the fundamental strategies for preventing and managing aggressive behavior. Building on Session I, **SAM Session II** deepens your skills with an advanced focus on the principles and use of physical techniques and safety skills. The training is classroom oriented with direct instruction, interactive discussion and exercises which increase the retention and skills of participants.

Session I participants learn how to:

- **Recognize** the warning signs and behaviors leading to a crisis
- **Understand** crisis intervention methods, including early intervention and non-physical prevention of disruptive behavior
- **Prepare** mentally to allow for appropriate and/or automatic responses
- **Use** empathic listening skills to reduce and prevent the escalation of an individual's anxiety and aggression
- **Organize** thoughts about how behavior escalates and be able to respond appropriately during moments of stress
- **Identify** and manage internal fear and anxiety related to such incidents
- **Manage** the stages of conflict and instances of verbal or physical aggression

Session II participants learn how to:

- **Gain** an understanding of the key principles of personal defense
- **Learn** how to implement principle-based solutions in moments or situations of aggressiveness or violence
- **Apply** and put into practice verbal, non-verbal and personal safety techniques
- **Understand** which skills are the most appropriate for certain situations
- **Understand** which cues indicate when it's time to physically intervene
- **Examine** effective research-based principles and techniques that can change the course of a violent situation regardless of age, size or strength.

SAMSM Session details:

- Sessions are approximately 2.5 to 3 hours
- Each participant receives a workbook
- Contact us to schedule an on-site seminar at your facility