

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PHYSICAL INTERVENTION  
Code No.: MRC 222-1  
Program: DEVELOPMENTAL SERVICES WORKER  
Semester: FOURTH  
Date: JANUARY 1986  
Author: GERRY PAGE

New

Revision

APPROVED:

  
Cha/irperson

N. Koch

Date

**PURPOSES** This course is designed to give students the confidence and understanding of how to deal with aggressive clients by using the "Least-Restrictive Methods" of intervention. The course will explore a variety of techniques for dealing with residents who are easily agitated or aggressive to themselves, others, or property.

**BEHAVIOURAJU OBJECTIVES:**

After completing the course each student should be able to:

1. Be sensitive to client and staff feelings during critical incidents.
2. Be able to control feelings and behaviours of self.
3. Identify causes of aggressive behaviour and the implications for dealing with clients.
4. Identify advantages of using non-physical intervention.
5. Identify preventative methods of dealing with aggressive clients.
6. Have knowledge of and demonstrate the necessary decision steps in using non-physical and physical intervention.
7. Demonstrate skills in performing techniques (blocks, holds, carries).
8. Take precautions and safeguards in using intervention.
9. Follow staff responsibilities prior, during and after an incident.
10. Know how to write up an "Incident Report" using a descriptive rather than an evaluative report.

**METHODOLOGY;**

Approximately 30% of this course will be theory presentation, the remaining 70% will be experiential. If maximum learning is to occur students must be willing to participate actively.

Students must wear proper gym attire, i.e. running shoes, sweat suit, etc. Please do not wear earrings, watches, bracelets or chains of any kind.

Students must also ensure that they carry an up-to-date Sault College student I-D. card in order to gain entry to the gym.

**SYUABOS ;**

- Session 1; - Introduction to the course  
- Overview from Course Outline  
- Attitudes of Staff/Client Relationship Pre-test  
- What is aggression?  
- What causes aggression?  
- Why non-physical intervention?  
- Why physical intervention?
- Session 2; - Non-physical intervention  
- How to and how not to  
- Steps to "Talking down"
- Session 3; - Physical intervention  
- When to and when not to  
- Body awareness (your own)  
- Steps leading to aggression
- Session 4; - Blocks:  
  
1) Stance  
2) Flailing Block  
3) Mid-Range Kick  
4) Close-Range Kick  
5) Side Punch  
6) Straight Punch  
7) Upper Cut
- Session 5: - Holds and Carries:  
  
1) One-Person Come-Along  
2) Basket Hold  
3) Two-Person Basket Hold  
4) Two-Person Basket Hold Take Down  
5) Three- or Four-Person Carry  
6) Exclusion Exit
- Session 6: - Releases  
  
1) One-hand Grip Release  
2) Two-hand Grip Release  
3) Front Strangle Release  
4) Rear Strangle Release  
5) Choke Release

- Session 7: - Releases continued
- 1) Hair-pull Release
  - 2) Front Bear Hug Release
  - 3) Rear Bear Hug Release
  - 4) Bite Release
  - 5) Head Lock Release

- Session 8; - Report Writing  
- Post Test

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