

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PHYSICAL INTERVENTION

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Course No.: DSW 207-1

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Program: DEVELOPMENTAL SERVICES WORKER (D.S.W.)

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Semester: FOURTH

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Date: April 1988

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Author: GERRY PAGE

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New: \_\_\_\_\_ Revision:  X

APPROVED:  N/Koch   
Chairperson N. Koch

Date:  APR. 21/88

**COURSE DESCRIPTION:**

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." Emphasis will be equally placed on non-physical as well as physical intervention techniques. The course will explore the causes and effects of aggression and appropriate documentation of aggressive acts.

**BEHAVIOURAL 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 decisive 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 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.

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SYLLABUS:

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

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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