



MANAGEMENT OF ANGER AND AGGRESSION ONE DAY BESPOKE COURSE

PREVENTION

WARNING SIGNS
GENERAL AWARENESS
SMART PRINCIPLES
INTERVENTION SCALES
GENERATING COOPERATION
GIVING CLEAR DIRECTIONS
STAY IN THE BOX
PHYSICAL SMART PRINCIPLES
PHYSICAL SMART SKILLS

NON AGGRESSIVE RESTRAINT

SMART HOLDING
RESTRAINT AVOIDANCE
MECHANICS OF BREATHING
HOLDING EVENTS TIMELINE
WRIST RELEASE
X SHIELD
GUIDING
ONE ARM BODY WRAP
TWO PERSON MOVING RESTRAINT
CAPTURE WRAP
SEQUENCED RELEASE

BREAKAWAY TECHNIQUES

FRONT CHOKE ESCAPE
HAIR PULL
FOREARM GRAB
CLOTHING GRAB
STRANGLES BREAKAWAY
BEARHUGS BREAKAWAY
DEFENCE AGAINST PUNCHES
DEFENCE AGAINST KICKS
FLOOR PROTECTION

**ALL MODULES
ARE BILD/NHS
ACCREDITED**
PLEASE CALL
MARK CHAPMAN
ON 0115 9739070



MANAGEMENT OF ANGER AND AGGRESSION

The one day course will comprise of a bespoke selection of the thirty modules. By consulting with our highly experienced qualified instructors, these can be tailored to suit the specific needs of your company.

These modules can be selected to compliment any training that is already in place or as a standard to replace existing training.

All courses are facilitated and delivered by highly experienced qualified instructors that are BILD/NHS accredited.

PREVENTION

This section is designed to create a better awareness of the triggers of anger and aggression, therefore reducing the risk of any incidents occurring.



all about people

NON AGGRESSIVE RESTRAINT

These modules can be combined with the prevention section to increase staff confidence in their ability to deal with incidents that arise when triggers can't be removed or resolved.

BREAKAWAY TECHNIQUES

These techniques are for situations that are more volatile and staff need more training to protect themselves and others in areas that present a greater threat to their health and safety, with an emphasis on "breaking away" rather causing harm to the aggressor.

Please contact MARK CHAPMAN at VP Forensic Ltd
0115 9739070 to discuss your requirements.