

MOAB® 8-Hour Course with Controlling and Restraining

In the *first 4-hours* of this course will learn strategies to avoid physical harm and learn how to recognize and reduce aggressive behavior with state-of-the-art principles and techniques. The 4-hour introduction session involves interactive exercises which increase the retention and skills of the participant.

In the *second 4-hours* of the course you will how to safely approach, separate, escort, decentralize, direct to prone, and control individuals. Techniques taught in this course are practical, use reasonable force, are court defensible, and are easy for most people to grasp. We address the least assertive defenses first and the more assertive defenses as a last resort.

All participants receive a workbook, certificate and a two (2) year certification.

On-site training Cost: - 2,640.00 + expenses

Introduction

What is Management of Aggressive Behavior (MOAB®)?

MOAB® Objectives

Statistics

Violence in Society

Strategies for Preventing and Diffusing Aggressive Behavior

Behavior and Intervention

Plan, Identify and Act

Methods of Communication

Five Methods of Communication

Non-Verbal Communications

Three Categories of Non-Verbal Communications

Personal Space

Personal Space Chart

Personal Space Factors

The Reactionary Distance

The Reactionary Time

Eye Communications

Proper Use of Eye Communications

Interpreting Eye Communications

Gestures, Postures and Facial Expressions

Signals To Look for and Understand

Stages of Conflict & Management

Conflict

Stage 1 - Anxiety

Recognizing Anxiety

Anxiety Triggers

Managing the Individuals Anxiety

Listening

Five Levels of Listening

Empathic Listening

Eliminating External and Internal Distractions

Understanding Your Fear and Panic

Mind and Body Stress Feedback Loop

How to Break the Stress Feedback Loop

Stage II - Verbal Aggression

Recognizing Verbal Aggression

Managing Verbal Aggression

Stage III - Physical Aggression

Recognizing Physical Aggression

Managing Physical Aggression

Diversions/Distractions

Diversions/Distractions that can be used

Redirect Anger

Approaching

Multiple Individuals

Positioning

2nd Half of Course Outline

Strategies for Controlling and Restraining Aggressive Individuals

Introduction to Physical Control Skills

What You Will Gain From This Course

Safety Rules

Wearing of Jewelry, Pat Out, Practice, etc.

Principles of Balance

Proper Positioning of Your Body

Principle of Movement

Forward Shuffle

Rear Shuffle

Lateral Shuffle

Principle of Center

Strength of Your Center Line

The De-sensitizing Touch

Applying the De-sensitizing Touch

Entering the Personal Zone

Passive Individuals

The Basic Escort

From the De-sensitizing Touch

Resistive Escort

Defense from Escort Position or the De-sensitizing Touch

Escape from Escort Position or the De-sensitizing Touch

Resistive Individuals

Direct to Prone Skills

Straight Arm Technique

Bent Elbow Technique

Lateral Thigh Technique

Prone Position Control Skills

Horizontal Straight Arm Control

Vertical Straight Arm Control

Disengaging from Prone Control Skills

How to Disengage

Approaching and Separating Two Aggressors

Verbal Aggression

Physical or Violent Aggression

Special Situations

From Escort Position

From Chair Position

From Prone Position

Please call us today to schedule MOAB® Management of Aggressive Behavior training for your organization.

Toll Free: 1.866.773.7763 or info@personalsafetytraining.com