



# Therapeutic Aggression Control Techniques

## A Relationship Centered Approach to Aggression

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## Three Training Courses

"Therapeutic Aggression Control Techniques" (TACT-2) is a thorough crisis intervention training program, which includes verbal de-escalation and physical intervention. TACT2 is designed primarily for staff in residential homes, emergency shelters, foster care settings, and challenging urban or alternative schools.

It includes a 1-day Introductory course, a 2-day Behavior Management course, and a 3-day full Crisis Intervention (verbal & physical) course.

### **INTRODUCTORY TACT-2 COURSE (1 day)**

Staff in this 1-day course learn:

1. How to distinguish between deliberate misbehavior and true emotional crisis, and respond accordingly.
2. How to prevent deliberate misbehaviors with reasonable rules and consequences, and how to interfere with deliberate problems by giving fair warnings.
3. How to prevent emotional crises by recognizing early warning signs, and how to de-escalate emotional problems with effective listening.
4. How to recognize when we as staff are engaging in power struggles, and how to withdraw from them without completely losing face.
- (5. How to protect oneself from assault, and to assist when crisis support staff are physically handling a dangerous youth. Optional: Requires 2 additional hours.)*

### **BEHAVIOR MANAGEMENT TACT-2 COURSE (2 days)**

Staff in this 2-day course learn:

1. How to distinguish between deliberate misbehavior and true emotional crisis, and respond as a team using a therapeutic decision making model.
2. How to understand the underlying causes of deliberate misbehaviors, and prevent them by creating positive, needs-fulfilling environments and by establishing clear, values-based rules.
3. How to understand the underlying dynamics of emotional problems, and prevent them by de-escalating youth during early stages of crisis.
4. How to recognize individual adult anger traps, and disengage from destructive power struggles without completely losing face.
5. How to calm and counsel youth in emotional crisis by mastering the skills of giving space, active listening, and therapeutic problem solving.
6. How to distract and manage youth who are deliberately misbehaving by mastering the skills of using reminders, fair warnings, and reasonable consequences.

## **FULL CRISIS INTERVENTION TACT-2 COURSE (3 days)**

Staff begin by taking the 2-day course above, then spend a 3rd day learning:

1. How to identify situations which legitimately justify physical intervention.
2. How to protect themselves from assaults (including grabs, chokes, headlocks, hair pulls, and bites, if needed) without harming youth.
3. How to use standing holds (including bear hug holds, cradle holds, and double arm bar holds) to prevent youth from assaulting others or harming themselves.
- 4.. How to work with another trained staff to escort an agitated youth from an unsafe area.
5. How to work with another trained staff to calmly and safely restrain a dangerously out of control youth using minimal force. Techniques taught include one seated team restraint and two supine (face up) team restraints.

## **COMPETENCY-BASED TACT-2 TRAINING**

To receive TACT-2 verbal certification, staff trained in the 2-day Behavior Management TACT-2 course must demonstrate their skills by:

1. Attending all sessions on time and in a professional manner.
2. Completing all in class team and individual assignments accurately, including both workbook exercises and role play demonstrations of behavior management and listening skills.
3. Completing a 6-page reading related to the content.
4. Passing a written multiple choice test at the 80% level.

To receive TACT-2 full certification, staff trained in the 3-day Crisis Intervention TACT2 course must demonstrate their skills by:

1. Successfully complete all the above criteria.
2. Participate fully and safely in all physical training exercises, including realistic role play scenarios.
3. Successfully demonstrate all physical techniques during a 10-minute individual skills test with an instructor.

## **TACT-2 TRAINING OF TRAINERS**

TACT-2 Trainer certification requires completion of a 4-day Training of Trainers, led by the author, Dr. Steve Parese. In addition to the requirements above, prospective TACT-2 trainers must co-teach both verbal and physical demonstration lessons, and attend an annual 1-day recertification, during which their verbal and physical skills are reassessed. TACT-2 trainers leave with the skills and materials to begin training right away, including a trainer's manual with reproducible supplements, PowerPoint CD, and a starter set of 10 workbooks. Currently certified trainers are approved to conduct all three versions of the training within their own schools or agencies.

*More information about TACT-2 may be found by visiting [www.TACT2.com](http://www.TACT2.com), or by contacting Dr. Steve Parese directly at [SBParese@aol.com](mailto:SBParese@aol.com) or (336) 593-3533.*