

# VIOLENCE PREVENTION DE-ESCALATING AGGRESSION



## Program Description

### Background:

- Risk for violence in the workplace increases with personnel who working in public settings and who in small number and/or early morning or late night hours.
- Homicide is a leading cause of death in the workplace.
- Prevention techniques and awareness training has been identified as the most effective method for preventing violence.

### Objectives:

- Participants will be able to list methods for preventing violence, describe warning signs for personal safety, and identify techniques for deterring and de-escalating violence.
- Students will be able to apply techniques for deescalating hostile situations, and defensive techniques for common attacks.

### Instructors:

- Our instructors have more than ten years of experience in violence prevention.
- Two instructors are certified workplace violence prevention specialist with National Association of Safety Professionals.

### Outcomes:

- Participants will be able to list methods for preventing violence, describe warning signs for personal safety, and identify techniques for deterring and de-escalating violence.
- Participants will be able to apply techniques for deescalating hostile situations, and defensive techniques for common attacks.

### Class Essentials:

- Minimum of two instructors for each session. Maximum number of participants is 50

## Session Design

### Workshops Will:

- Review examples, causes, and trends of hostile confrontation and violence from interaction with the public.
- Discuss research and define references on preventing violence & de-escalation
- Introduce approaches for handling hostile situations, verbal de-escalation, and conflict management.
- Identify warning signs, manipulations, and other situations that warrant caution.
- Introduce approaches for deterring and de-escalating both common types of aggressors: the desperate aggressor and expert aggressor.
- Define basic deterrence and de-escalation practices, and procedures to reduce the potential for violence.
- Demonstrate and practice techniques for deterring, deescalating, and defending against hostile and violent acts.

**Awareness Level:** Includes techniques to deter and de-escalate verbal confrontation and conflict and limit aggressive behavior. (3 hours)

**Application Level:** Includes above plus basic defense techniques to defend and de-escalate physical confrontation and attacks. (5 hours)

