

PREVENTION AND MANAGEMENT OF AGGRESSIVE BEHAVIOR (PMAB) Certified Training Course

PMAB certification training is open to all Fulton School employees and is to be taught using ten classroom hours for one SDU of course credit. Instructors may determine the division of this time to fit the needs of each proposed class. Three examples of appropriate session organization follow: 1) Two sessions of five hours each with an additional 30 minutes at each session for one mid-time break, 2) Three sessions, one of 4 hours and two of 3 hours each, with an additional 15 minutes per session for a mid-time break, or 3) Five sessions of 2 hours each with no formal breaks. Classes can be scheduled after school hours/ evenings, on teacher workdays, or on weekends. A small class with one instructor should have eight participants. Most classes will be scheduled with two instructors and have 15 to 20 participants. There is some funding for trainers available from the Office of Student Discipline, or you could use school- or department-based funds. The basic ten hour training course may be scheduled as noted below.

- Hour one:** Introduction, expectations, and concerns
Requirements for successful completion of training for certification
Principals of PMAB
Expectations of adherence to the Instructor Code of Ethics to be related
Skills training and practice in communication (to be continued next hour)
Questions and summarization of training to this point
- Hour two:** Skills training and practice in communication, escorting, scooting, avoiding strikes, avoiding kicks, and avoiding pushes.
Questions and summarization of training to this point
- Hour three:** Skills training and practice in straight-on grasp release, cross-body grasp release, both hands-on wrist release, one hand-on each wrist front release, and one hand-on each wrist behind release.
Questions and summarization of training to this point
- Hour four:** Skills training and practice in arm lock neutralization, arm lock release, closing release, movable object release, and fixed object release.
Questions and summarization of training to this point
- Hour five:** Skills training and practice in bear hug neutralization, bear hug release assist, finger weave hair release, knuckle rub hair release, jaw bite release, and finger pressure bite release.
Questions and summarization of training to this point
- Hour six:** Skills training and practice in front choke release, back choke release, forearm choke neutralization, and second person choke release.
Questions and summarization of training to this point
- Hour seven:** Skills training and practice in protection on the ground and basket hold restraint and release (to be continued next hour)
- Hour eight:** Skills training and practice in basket hold restraint and release and horizontal restraint basket hold (leg preparation, upper body and lower body), and bear hug
Questions and summarization of training to this point
- Hour nine:** Skills training and practice in horizontal restraint bear hug (leg preparation, upper body and lower body)
Questions and summarization of training to this point
- Hour ten:** Video and discussion of object recovery; including recovery precautions, harming self facing toward, harming self away, and harming someone else
Questions and summarization of training to this point
Certification awards ceremony

*With this overview you might be interested in contacting one of the Fulton County Certification Trainers through our district's email system. They will be more than happy to answer questions for you and/or arrange a class for you. **The Trainers are: Lisa Anderson, Janice Busche, Sharon Butler, Renay Dixon, Darryl Felker, Peter Gaddis, Glenn Johnson, Rolanda Johnson, Dara Jones, Eric Jones, Diane Moody, Traci Perry, Charlotte Pritchett, Lani Ray, Lisa Silverstein, Michael Stewart, and Deborah Troline-Fawaz.***