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## TACT<sub>2</sub> Program Outline

“Therapeutic Aggression Control Techniques” (TACT<sub>2</sub>) is a 3-day course designed to help staff better understand and manage disruptive, destructive, and even dangerous issues which may arise when caring for youth and young adults with emotional and behavior problems. TACT<sub>2</sub> may be taught as a verbal only course (10-12 hours) or a comprehensive verbal + physical course (16-18 hours). TACT<sub>2</sub> has been in use since 1997 in group homes, alternative schools, residential treatment centers, emergency shelters and other settings across the nation.

### Day 1: Preventing Crisis (6 hours)

Day 1 teaches staff how to prevent crisis situations with a better understanding of the driving forces behind both deliberate misbehavior and emotional acting out. It focuses heavily on staying calm and avoiding negative reactions which may inadvertently escalate small problems into true crises.

<b>Professional Decision Making</b>	Common framework for intervention.
<b>Emotional vs. Deliberate</b>	Cues for separating two sources of problems.
<b>Deliberate Misbehavior</b>	How intentional misbehavior meets social needs.
<b>Emotional Problems</b>	Impact of childhood trauma and high stress on behavior.
<b>Adult Anger Traps</b>	Resisting the lure of adult anger and power struggles.
<b>De-Escalating Emotional Crisis</b>	Responding therapeutically to four stages of escalating crisis.

### Day 2: Intervening Verbally in Non-Dangerous Problems (6 hours)

Day 2 teaches staff how to intervene verbally in problem situations. The first half focuses on counseling interventions for emotional problems (high stress). The second half teaches corrective interventions for deliberate misbehavior (intentional). The day closes with a written test for TACT<sub>2</sub> verbal certification.\*

<b>Coun Skill 1: Giving Space</b>	Backing off during highly emotional situations.
<b>Coun Skill 2: Active Listening</b>	Attending, decoding, and reflecting with upset youth.
<b>Coun Skill 3: Problem Solving</b>	Guiding therapeutic problem solving with calmer youth.
<b>Corr Skill 1: Reminders</b>	Redirecting minor behavior problems.
<b>Corr Skill 2: Warnings</b>	Informing youth of upcoming consequences.
<b>Corr Skill 3: Consequences</b>	Giving fair consequences without power struggles.

\* To gain TACT<sub>2</sub> Verbal Certification, staff are required to attend min 10 hours, complete the workbook, and score 80% on written test. Required for advancement to physical skills training.

## Day 3: Physical Interventions in Dangerous Situations in (4-6 hours)

Day 3 teaches staff how to intervene physically in dangerous situations. The first hour focuses on using verbal interventions and on defining when to and not to put hands-on -- only when youth or staff are at imminent risk of harm. The next hours teach staff non-injurious techniques to protect themselves from assault. Throughout the remaining hours, they learn standing holds, team escorts, and full restraints. The day closes with individual skills assessments required for TACT<sub>2</sub> full certification\*\*.

<b>Verbal Interventions</b>	Non-physical strategies in volatile, potentially dangerous situations
<b>Conditions for Restraint</b>	When to (and not to) use physical force with youth
<b>Self Protection Techniques</b>	Protect self from assault (grab, choke, hair pull, bite releases)
<b>Standing Holds</b>	Safely holding youth (bear hug, cradle, double arm bar)
<b>Team Escorts</b>	Safely moving youth (individual and team escort)
<b>Full Restraints</b>	Safely restraining youth (seated wall restraint, supine face-up restraint)

\*\* Agencies may select which techniques are taught, but may not modify these techniques. Individual staff will be certified to use only those techniques they have mastered and can demonstrate in a one-on-one skills check-out.

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"Therapeutic Aggression Control Techniques v.2" (TACT<sub>2</sub>) was written and is owned by Steve Parese, Ed.D. It is intended to be delivered ONLY by certified trainers. TACT<sub>2</sub> consists of a trainer's manual, workbook, and PowerPoint CD, no portion of which may be copied for any purpose without the express written permission of the author.

For more information regarding training in this program, contact:

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