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## TBM/HighSchool Program Outline

"Therapeutic Behavior Management for Middle/High Schools" (TBM/HighSchool) is a 7-hour course designed to help educators, administrators, and support staff of grades 6-12 students better understand and manage the behavioral and emotional issues that affect school safety and success. TBM/HighSchool also offers an optional 3-5 hour physical component which teaches self-protection, safe holds, and team escorts (but not full restraints). The verbal and physical programs are based on "Therapeutic Aggression Control Techniques" (TACT2), in use since 1997 in group homes, alternative schools, residential treatment centers, etc. across the nation.

### Part 1: Staying Professional (1.0 hours)

CONTENT	PURPOSE
"What Would YOU Do?"	Introductory activity, group survey of situational responses
TBM Model	Framework for sound decision making in crisis
Deliberate vs Emotional	Cues to distinguish two sources of behavior problems

### Part 2: Dealing with Deliberate Misbehavior (1.5 hours)

CONTENT	PURPOSE
Needs-Fulfilling Misbehavior	Positive alternatives for negative functional behaviors
Skill: Surface Management	Distracting or redirecting minor behavior problems
Understanding Consequences	Three types of consequences
Skill: Giving Consequences	How to address problems (w/consequences) without power struggles

### Part 3: Understanding Emotional Problems (2.5 hours)

CONTENT	PURPOSE
Emotional Conflict Cycle	Impact of stress and self-esteem on behavior during conflict
Childhood Trauma	Influence of childhood trauma, internalizers vs externalizers
Escalation Model	Predictable phases of emotional crisis, goal and strategies in each phase

## **Part 4: De-Escalating Emotional Issues (2.0 hours)**

<u>CONTENT</u>	<u>PURPOSE</u>
Skill: Giving Space	When and how to back off during highly emotional situations
Skill: Active Listening	How to attend and decode during somewhat emotional situations
Reflective Listening	How to reflectively listen
Adult Anger Traps	Reasons for adult anger, strategies for staying calm
Test Review	Preparing for and administering multiple choice test for certification

## **OPTIONAL PHYSICAL SKILLS**

### **Part 5: Physical Interventions (3.0-5.0 hours)**

<u>CONTENT</u>	<u>PURPOSE</u>
Volatile Situations	Non-physical strategies in volatile, potentially dangerous situations
Physical Intervention Skills	How to protect self from assault (grab, choke, hair pull, bite releases) How to safely hold youth (bear hug, cradle, double arm bar) How to safely escort child (team escort)

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"Therapeutic Behavior Management for Middle & High School" (TBM/HighSchool) was written and is owned by Steve Parese, Ed.D. It is intended to be delivered ONLY by certified trainers. TBM/HighSchool 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. TBM/HighSchool is based on the "Therapeutic Aggression Control Techniques v.2" program, in use since 1997 in group homes, alternative schools, residential treatment centers, etc. around the nation.

For more information regarding training in this program, contact:

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