

A New Personnel Development Offering for Staff

# NCPI Refresher with a Focus on Applied Physical Training

A refresher program designed for staff members who are regularly intervening in emergency situations. This program is designed to enhance your understanding of the spectrum of physical aggression and improve your skills in applying CPI's Principles of Personal Safety and Nonviolent Crisis Intervention<sup>SM</sup> to workplace situations. While the focus of this program is on physical intervention, our ultimate goal is to prevent situations from escalating to the point of physical acting out behaviors.

In addition to the required NCPI Refresher components, the workshop will cover:

- **Develop a greater understanding of CPI's Personal Safety Techniques<sup>SM</sup>**
- **Problem solve and strengthen Nonviolent Physical Crisis Intervention<sup>SM</sup> skills**
- **Receive additional supporting information**
- **Demonstrate your ability and confidence in applying CPI's Personal Safety Techniques<sup>SM</sup> and Nonviolent Physical Crisis Intervention<sup>SM</sup> skills to real-life work experiences**

Staff attending this training will have an opportunity to practice, participate in content review, discuss policy decisions, situational applications, and take part in rehearsals and drills.

**Date: February 21, 2012**

DRESS CODE: Wear comfortable clothing and tennis shoes. No open toed shoes or sandals, please.

ALL COURSES WILL BE HELD AT:  
Ventura County SELPA  
VCOE Conference Center – Conejo Room  
5100 Adolfo Rd. Camarillo 93012  
COST: \$20.00  
(Includes handbook)

PRESENTER STARTS ON TIME!  
Participants who arrive more than 15 minutes after the training begins each day will NOT be admitted.

**NO EXCEPTIONS!**

Registration 8:00 a.m. – 8:15 a.m.  
Workshop 8:15 a.m. – 3:30 p.m.  
Lunch is on your own

**Prerequisites: Participants must have attended an NCPI Level One, and at least one NCPI Refresher within the past year.**

★ **IMPORTANT SAFETY NOTICE: This workshop requires all participants to engage in extensive practice of physical intervention skills in “real time” situations involving physical engagement with other adults. All participants must sign the participant statement on the “Due Care for Participants” form and submit with the registration.**

**Workshop meets requirements for VC SELPA Autism Certification Program, Module IV (Professional Only) (Can count even if you have already used a refresher)**

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>➤ Register</li><li>➤ Fill out the form below.</li><li>➤ Return to Ventura County SELPA, attn: Conference Registrations, 5100 Adolfo Rd., Camarillo, CA 93012 by 14 days prior to event.</li><li>➤ Enclose check or purchase order to VCOE/SELPA. No purchase orders will be accepted under \$100.00.</li><li>➤ Late registrations will not be guaranteed seating or materials and will be subject to a \$5.00 late fee payable at the door.</li><li>➤ This form is also available at our website <a href="http://www.venturacounty SELPA.com">www.venturacounty SELPA.com</a></li><li>➤ Registration is available at <a href="http://workshops.vcoe.org">http://workshops.vcoe.org</a></li><li>➤ Individuals are responsible for assuring that payment is received by the SELPA prior to the event.</li></ul> | <ul style="list-style-type: none"><li>➤ If you work for a school district or other agency, please ensure that payment is forwarded in a timely fashion to SELPA, to avoid being required to pay at the door.</li><li>➤ *District Coordinator or Director of Special Education signature (VC SELPA only) required for use of District Discretionary Personnel Development.</li><li>➤ You will receive a written confirmation if we receive the registration by the deadline, and your address is complete.</li><li>➤ Questions? Call (805) 437-1560 or FAX (805) 437-1599.</li><li>➤ SORRY, NO PHONE REGISTRATION AND NO REFUNDS!!</li><li>➤ CALL SELPA IF YOU HAVE ANY QUESTIONS ABOUT THE PHYSICAL ACTIVITY.</li></ul> |
|---|---|

Slots are limited, and our trainers' time is precious, so...NO cancellations or changes will be accepted within ten (calendar) days of the training. However, if you have a staff person who cannot attend a training at the last minute, feel free to substitute another person from your agency/district. A phone call to our office about substitutions will be fine. You will receive written confirmation of your registration. Questions? (805) 437-1560, FAX: (805) 437-1599.



REGISTRATION - Non-Violent Crisis Intervention Refresher with a Focus on APT

Note date of last training. (Indicate last "initial" and "refresher" dates) \_\_\_\_\_

This workshop requires additional submission of the "Due Care for Participants" form in order to be registered.

**February 21, 2012**

Name: \_\_\_\_\_ Title: \_\_\_\_\_ District: \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address, City, Zip Code

Email: \_\_\_\_\_ Confirmations will be E Mailed

Phone: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_ FAX \_\_\_\_\_

**Form of Payment enclosed:**  Check  Purchase Order (must be over \$100.00)  \*District Discretionary Fund  \*District Staff Development Funds

\*Authorized Signature (please sign): \_\_\_\_\_ (Director/Coordinator of Special Education)



Mary E. Samples, Assistant Superintendent

**Nonviolent Crisis Intervention®  
Applied Physical Training<sup>SM</sup>**

**Due Care for Participants**

The Applied Physical Training<sup>SM</sup> course requires all participants to engage in extensive practice of physical intervention skills. This includes exercises that involve repetitive drills that may include:

- Frequent stretching
- Frequent kneeling and bending
- Multiple, repeated movements requiring good stamina and strength
- Extended periods of standing
- Moving from kneeling position to standing position
- Blocking strikes and releasing from grabs
- “Real time” simulation of Nonviolent Physical Crisis Intervention techniques, including control and transport of a struggling adult

Because of the high level of physical activity involved in these programs it is important that all participants assess their physical condition and ability. Participants must be capable of participating in exercises involving a high degree of exertion and requiring good overall physical condition, coordination and ability. Registrants with medical problems which may limit activity should seek medical advice concerning safe participation prior to registering. It is the responsibility of the participant to be aware of and understand the physical requirements of this course. Please call the SELPA (number above) if you have questions about the level of physical activity in this course.

**Participant Statement**

I understand the physical requirements needed to safely participate in the Advanced Physical Training® refresher course, and attest that my physical condition and abilities are such that they will not interfere with my safe participation in the program. I have made an informed decision to register and participate in this course.

\_\_\_\_\_  
**Signature/Title/Date**

**Print Name and Work Location:** \_\_\_\_\_