

# SAM™ Training Session I & II

## School Anger Management Course

SAM™ is an in-depth course that teaches individuals how to recognize, reduce, and manage aggressive and violent behavior. SAM™ is probably unlike any other course you've taken in the past. The material is interesting and extensive. You can immediately apply this material at school, at home, or on the street.

Session II combines the material from session I as well as learning the physical defense skills that can prevent injury and even save your life.

This session combines all the strategies, techniques and skills from both session one and two. This **4-hour** presentation is a dynamic course that can immediately prepare staff for conflict. Class size is unlimited for session I and limited to 24 for session II.

### Introduction

What is SAM™ ?

SAM™ Objectives

Violence in Schools

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### Section 1

#### **Strategies for Preventing and Diffusing Aggressive Behavior**

Behavior and Intervention

Plan, Identify and Act

Mental Conditioning

Purpose

Rehearsal

Exercise

## Section 2

### **Methods of Communication**

Non-Verbal Communications

Three Categories of Non-Verbal Communications

Personal Space

Personal Space Chart

Personal Space Factors

## Section 3

### **The Reactionary Distance**

Reaction Time

## Section 4

### **Eye Communications**

Observing Eye Communications

Proper Use of Eye Communications

Interpreting Eye Communications

## Section 5

### **Gestures, Postures and Facial Expressions**

Signals To Look for and Understand

## Section 6

### **Stages of Conflict & Management - Stage 1 - Anxiety**

Recognizing Anxiety

Anxiety Triggers

Managing the Aggressor's Anxiety

Listening

Five Levels of Listening

Empathic Listening

Eliminating External and Internal Distractions

Supportive Verbal Communications

Supportive Verbal Communication Skills

Understanding Your Fear and Panic

Fear and Panic Create Dysfunction

Mind and Body Stress Feedback Loop

How to Break the Stress Feedback Loop

## Section 7

### **Stages of Conflict & Management - Stage II - Verbal Aggression**

Recognizing Verbal Aggression

Managing Verbal Aggression

## Section 8

### **Stages of Conflict & Management - Stage III - Physical Aggression**

Recognizing Physical Aggression

Managing Physical Aggression

Diversions / Distractions



## Section 9

### **Principles of Personal Defense**

Mass vs. Velocity

Shock Wave Energy

Principles of Center

## Section 10

### **Front Choke Hold Escape and Options**

Front Choke Hold Response

## Section 11

### **Front Choke Hold Escape and Options**

Front Choke Hold Response

## Section 12

### **Wrist(s) Grab Escape and Options**

Wrist Grab Response

## Section 13

### **Weapon Threat – Divert and Escape**

Weapon Threat Response

## Section 14

### **Control the Threat and Escape**

Control the Threat Response

## Section 15

### **Go to the Floor / Ground**

Go to the Floor / Ground Response