



CREATING A  
NEW STANDARD  
IN SAFETY

## Crisis Prevention and De-escalation Training

Your staff will learn evidence-based techniques that prevent behavioral escalation and De-escalate workplace violence. Preventing the need for any type of physical intervention is the clear focus.

**The Aegis System™ is a nationally recognized, evidence-based training program that has created a new standard in safety and best practice.**





The Aegis System™ is composed of the de-escalation model (Sections 1-3) and physical intervention training (Section 4). Section 4 includes a classroom component, Aegis Escapes, Aegis Holds, and the Aegis Safety Position™.

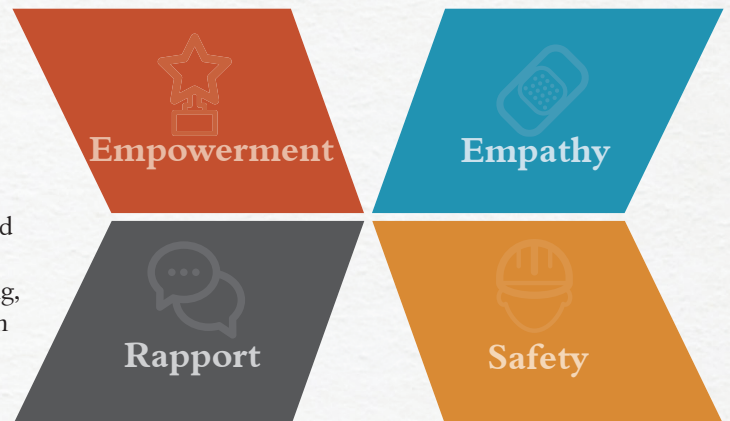


## Aegis maintains a Trauma-informed approach.

Primary delivery methods are in-person  
Train-the-Trainer Certification and eLearning.  
eLearning can stand alone as a complete (non-physical)  
De-escalation training or blend with in-person learning  
delivered by Aegis Certified Trainers.

## Aegis is the first training program that eliminates the need for dangerous prone and supine floor restraints.

The Aegis Safety Position™ is a proprietary technique that is revolutionizing best practice. This solution is engineered to safeguard against any type of airway restriction. The Aegis Safety Position™ is supported by medical (MD panel kinesics) review, empirical finding, and precedent in documentation. This un-equaed safety intervention is what allows Aegis to move organizations away from dangerous prone and supine floor restraints.



## The Aegis System™ Modules







## System Introduction

Participants will acquire foundational knowledge that The Aegis System™ is built upon. Key aspects of the Aegis approach and strategy for achieving de-escalation will be explored. Core principals such as applied empathy, the Crisis 2-Step, and the ABC's of DE-escalation will be introduced.

## Non-verbal Acuity (Section 2)

Participants will learn about the important role that nonverbal communication has in crisis intervention. The resulting nonverbal acuity will empower learners with the early recognition of crisis. This acuity will also support nonverbal crisis intervention strategies. This section encourages more empathy and increased forensic emotional intelligence. Additionally, participants will learn how to present themselves to an escalated person; most notably how to maintain a non-threatening presentation.

## Staff Empowerment (Section 1)

Participants will learn to manage their own stress levels to mitigate the chance of overreacting or underreacting during crisis intervention. This stress inoculation will support professionals to maintain critical thinking throughout a crisis. Section 1 encourages forward thinking, or front-track framing, around the realities of intervening in crisis.

## Verbal De-escalation & Rapport (Section 3)

The Aegis System™ is a rapport-based de-escalation model. Rapport is achieved through applied empathy. Participants will learn verbal strategies and a skills-based approach to achieving rapport that will empower them with the ability to de-escalate crisis. This module takes a deeper dive into effective communication, the Crisis 2-Step, and the ABC's of DE-escalation.

## The Protective Use of Physical Intervention (Section 4)

Each trained professional is educated on the risk of restraint and is expected to maintain safety-oriented decision-making at all times. Professionals will learn to evade and escape unwanted contact using techniques that are appropriate for a clinical environment. For organizations utilizing physical restraint, participants will learn to use Aegis Holds that are arranged in a tertiary design to empower staff with the least restrictive option. Participants will also learn post-incident best-practices that debrief and document incidents effectively.





Aegis is a nationally recognized crisis intervention training provider focused on Mental and Behavioral Health. The Aegis System™ has been widely adopted in hospitals, residential treatment centers, and other human service organizations across the country.



**aegis** noun /E-jis/

1. *The power to protect or support a person or organization*

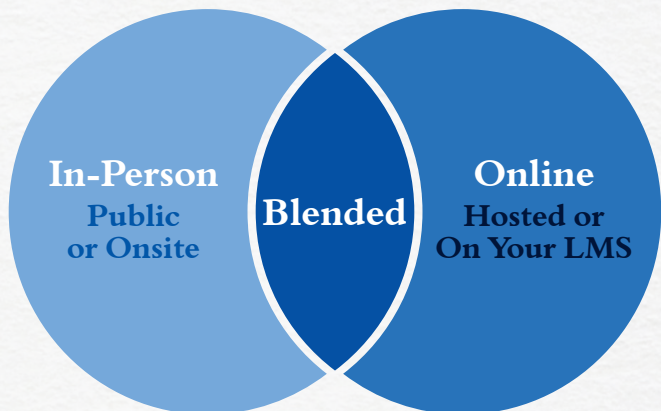
## Aegis Training Makes a Positive Impact by:

- Combining lowered training fees with the fiscal benefits of prevention
- Creating a safer workplace
- Keeping organizations ahead of best practice and legislative trends
- Increasing staff retention
- Improving performance
- Building organization-wide consistency
- Improving quality of care



The Aegis System™ was written with a focus on solutions at point-of-care. Many of these practices transcend moments of acute crisis and positively impact day-to-day interactions.

## Training Delivery Methods:



Contact Aegis Training Solutions to learn how you can bring crisis prevention and de-escalation to your organization.

[theaegissystem.com](http://theaegissystem.com) • [training.info@theaegissystem.com](mailto:training.info@theaegissystem.com) • 888.749.2085



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