



**PILGRIM
AREA
COLLABORATIVE**

**PMT—Initial Certification
November 3, 2009**

Please PRINT:

Name:

School District:

Address:

Phone/Home: _____

Phone/Work: _____

E-mail: _____

I have enclosed: Personal Check OR

Approved School P.O. # — _____

Amount: \$135.00 (before Oct 20)

\$150.00 (after Oct 20)

Pilgrim Area Collaborative
P.O. Box 1098
Pembroke, MA 02359



**PILGRIM
AREA
COLLABORATIVE**

PMT
*Physical & Psychological
Management Training*

Initial Certification



**Tuesday, November 3, 2009
8:00 a.m. to 3:00 p.m.**

**8:00-8:30 registration/coffee
(Coffee & lunch provided)**

FEE: \$150.00
*Register EARLY by Oct 20th—
Only \$135.00!*

**North Pembroke Elementary School
Large Instruction Room
72 Pilgrim Road, Pembroke**

About PMT—Physical & Psychological Management Training

PMT is a unique professional approach to the management of agitated and/or aggressive behavior. Its key concepts revolve first around “prevention” and second around “management.” The program stresses that, by using appropriate psychological handling of pre-violent episodes, most physical crises can be prevented. Staff will be trained in how to prevent escalation of these violent and/or aggressive episodes while managing the agitated person.

The GOALS of PMT training:

- To increase understanding about the aspects of the crisis intervention process of most importance to the various disciplines attending the workshop
- To increase the range of response options available to individual staff & teams
- To develop skills for analyzing one’s own style of managing conflict
- To help staff manage their fear response in a crisis situation
- To develop problem solving and critical thinking skills
- To avoid the use of physical restraint

The OBJECTIVES of PMT training:

- To assist staff in preventing injury to consumers, him/herself or a third party, while managing the physically aggressive person
- To increase staff self-confidence when facing and angry/violent person
- To increase consumer confidence & security in staff member’s ability to manage crisis situations
- To increase staff awareness & knowledge of psychological factors during crisis and to develop strategies for identifying and preventing violent outbursts
- To increase staff competence when using verbal intervention
- To enhance staff skill in the use of non-violent de-escalation techniques and strategies

This workshop is available for both Professional and Para-Professional staff and meets the requirements of the Massachusetts Department of Elementary & Secondary Education for restraint training.

6PDPs / 12 PTPs

Registration:

Return the attached registration form and payment of \$150.00 no later than October 27th .

Register EARLY and pay only \$135.00 by registering no later than October 20th.

Send registration with check (payable to Pilgrim Area Collaborative/PMT) or school approved P.O. to:

Att: PMT Training
Pilgrim Area Collaborative
P.O. Box 1098
Pembroke, MA 02359

For registration information, contact:

Cathie Sheldon
Ph: 781-293-6111
Fax: 781-293-9258
E-mail: csheldon@pilgrimac.org

For more workshop information, contact:

Deb Booth
Ph: 781-293-6111
E-mail: dbooth@pilgrimac.org