

# Personal Safety Training Activity Being Offered this Summer at SWOSU

05.04.2005

Southwestern Oklahoma State University Continuing Education is offering a summer activity, "Theory and Practice of Personal Safety Training for the Helping Professions," during the upcoming 2005 summer semester.

The CE activity on Tuesday evenings from 7-9 p.m. begins on June 14 and ends July 26. The seven class meetings produce 14 contact hours. Continuing Education Units (CEUs) of 1.4 will be offered upon completion of the activity.

The personal safety training activity is geared toward students actively pursuing a career in the helping professions or working professionals in the helping professions, such as counseling, education, social work and healthcare. The training ranges from verbal interventions and non-restrictive control methods of CAPE (Creating a Positive Environment Oklahoma) Training to contemporary self defense techniques designed for use by men or women against serious physical threats—on or off the job.

Defensive technologies are also examined and evaluated. The CAPE Training, due to its emphasis on verbal intervention and non-restrictive methods of control, is designed to use with persons in a wide range of settings where one is dealing with clients, patients, students, customers, etc. The training in this CE Activity is designed to prepare individuals for possible future certification in CAPE or similar non-restrictive systems appropriate for on-the-job crisis intervention.

Instructors for the course are Dr. Sam Lackey and Gene Foust. The participant fee is \$40. Participants are responsible for the purchase of a required text. Pre-enrollment is strongly encouraged due to activity enrollment limits.

The SWOSU Continuing Education Activity registration and general information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Building, on the Weatherford campus.