

Personal Safety Training Courses Planned

05.31.2007

Southwestern Oklahoma State University Continuing Education is offering a three day activity, entitled "Personal Safety Training for the Helping Professions," on three Saturdays in June on the Weatherford campus.

The activity is geared towards professionals and individuals in the counseling and social work professions. Sessions will be held from 10-12 noon and 1-3 p.m. on June 9, 16 and 30 in Room 143 of the Wellness Center.

Co-instructor Gene Foust said the learner's outcome of this CE activity is the understanding of the critical need for awareness of common risks and dangers encountered in one's professional and personal life. Discussion will include professional policy issues connected with defending oneself and others as well as creating a personal inventory of many such risks and dangers

Information provided will include basic knowledge of the activity-based resources offering analysis of these risks and dangers along with tactics to avoid and/or cope with them. Basic proficiency in methods of deflecting and, if necessary, stopping the common physical attacks will be provided in order to act decisively to preserve the safety of oneself and others. By combining personal self defense tactics and techniques with on-the-job oriented training, the participant will have a broad spectrum of responses geared to varied and often changing circumstances.

Co-instructor is Dr. Sam Lackey.

The participant fee is \$65. Registration is on a first-come, first-serve basis. Continuing Education Units (CEU) of 1.2 CEUs will be offered upon completion of this activity. Pre-registration is strongly encouraged due to activity enrollment limits.

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 of SWOSU.