

**Radar method Regeer® met Controle & Fysieke beheersing (CFB)**  
**a method for analysis of safety risks and selection of relevant interventions for aggression and violence**

**Train the Trainer Aggression and Violence Prevention.**

Shortened minimum program *Example Program*

Program 10 days, namely:

- 80 hours of direct training / contact hours
- 16 hours of preparatory study load (studying teaching materials / literature) \*\*
- 12 hours of not directly supervised homework assignments
- 2 hours of supervision
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- 110 hours of total study load

\*\* Teaching materials to be handed out / sent in 2 weeks prior to the trainer training.

Instruction conducting training: training times: 09.30 - 17.00

three day Block 1 Trainer training

Day 1 Theme

morning Hand out reader part II + program

instruction: prevention of aggression with the Radar method

Theme: afternoon instruction: legal professional standard Aggression

Instruction Part I PV \*:

Day 2

Theme: morning detailed trainer instruction Radar method

(incl. PowerPoint)

Directions for presentation methods

Instruction part II PV \*

afternoon Detailed trainer instruction Historic

interview / Incident method / teaching-learning conversation

Day 3

Theme: morning detailed trainer instruction Part III PV \*

afternoon: instruction Part I \* Mobile Transfer Technique

(including children mobile transfer)

Indiv. assignment for 2nd block:

(4 hours study load) presentation forms part I, II and III PV \*

Three day Block 2 Trainer training

Day 4

morning legal context instructions

instruction parts 2 day program

Components: fear and (in) power

afternoon Part II \* Three / human / -Team and Begin check, check legs

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Day 5

morning instruction Part III \* full physical control takeover

(including supine position, Figure 4, undress under control, pass door, with resistance)

Afternoon Practice Presentation techniques in duos

Day 6 morning trainer instruction freedom restriction / part II chapter 4

the new Working Conditions Act

handle Costs / benefits for trainer candidates

afternoon practice in presentation forms

detailed trainer instruction communication and aftercare directing in simulation with actor

DUO Assignment for 3rd block: practice yourself in all technique instructions

(4 hours study load) presentation forms Radar method

Day 7 morning practice parts of incident registration /

RADAR Reporting / discussion Radar Zero measurement

Afternoon Exercises of teaching methods

detailed trainer instruction safety / advice

with regard to prevention & less restriction of freedom

Day 8 morning trainer instruction specific area Bullying in the workplace

(sexual) harassment

Afternoon Instruction external risk factors and the Radar method

implement instruction in departments and quality assurance of Radar method in combination with... ..

Group assignment trainers: freedom restriction protocol / customized security policy

(4 hours study load)

two day Block 4 Trainer training

Day 9 morning Analyzing complex Behavioral Problems  
using Radar Method:

with practical case / case is sent in advance by email

Afternoon Repeat the last PV techniques: + Part IV PV \*

Day 10 morning repeat all previous TT instructions

Practice three human techniques with an actor simulation

Afternoon Exercises of teaching methods

MC Test as a working method

Presentation to management

Certification of the trainer

Personal Safety Techniques

Part I PV \*: Hands and wrist grips

Part II PV \*: pulling clothes, strangulation

Part III PV \*: Hair pulling, unwanted intimacy

Part IV PV \*: Bite, Save colleague, hold

Part V PV \*: Strangle on the ground + Children Technique

Team Techniques TT Part I \* Mobile Transfer Technique (including Children mobile transfer)

Team Techniques TT Part II \* Three / human / -Team and Begin check, check legs

Team Techniques TT Part III \* full physical control takeover

(including supine position, Figure 4, undress under control, pass door, with resistance)