

## **SAMA Description**

The SAMA program focuses on preventing aggression from becoming physically harmful. The emphasis of the course is on using the Assisting Process in all interactions and is demonstrated in all four programs.

The course presents information and demonstrations of four video tapes. Using the Facilitator Manual, a certified facilitator leads participants through skills practice followed by performance assessments at the end of each program.

The four programs are:

- ▶ Principles and Assisting Process: Viewing Time 29:55
- ▶ Protection of Self and Others: Viewing Time 20:04
- ▶ Containment: Viewing Time 13:18
- ▶ Object Retrieval: Viewing Time 4:16

The average length of time required for each program is listed below. The times will vary depending on the number of participants and their ability to demonstrate the required skills.

- ▶ One: Six hours
- ▶ Four hours
- ▶ Four hours
- ▶ One hour

The Facilitator Manual uses an interactive question/demonstration/exercise/practice/assessment format for each of the four programs. It contains masters for the Study Guide that is given to each participant, transparencies, and assessment instruments. Each of the skills presented on the videos is broken down in the manual along with special guidelines for safe practice and key points to reinforce.

The Study Guide for participants includes the principles of the program, a breakdown of each skill in the Assisting Process, a breakdown of each physical skill, exercises to increase learning, key concepts for safety when applying protection, containment and object retrieval skills.

The recommended class size is an eight to one ratio of participants to facilitators.