

CITRUS MODEL

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PI System/model CITRUS (Creative Intervention Training Responses for Untoward Situations)

Geographical area covered United Kingdom

Who is training for? Staff providing services for adults with learning disabilities and autistic spectrum disorders

Accredited courses 3 day - CITRUS Training Level 1 Introduction Course
1 day - CITRUS Training Level 1 Refresher Course
½ day - CITRUS Training Level 1 Breakaway Course (Refresher) For Non-clinical Staff
6 day - CITRUS Training Level 2 Train the Trainer Course, Associate Level
7 day - CITRUS Training Level 3 Train the Trainer Course, Lead Trainer Level
1 day - CITRUS Training Practical Trainer Refresher Course, All Trainers

General Approach to Teaching Physical Interventions

Organisations using the CITRUS model emphasise the importance of using proactive approaches for the prevention and management of aggression, based around primary prevention procedures. It is acknowledged, however, that there may be a need to use physical interventions as a last resort, when other less intrusive methods have proved unsuccessful. Least restrictive practices and effective risk management strategies are prioritised when restrictive physical interventions are deemed necessary, whilst we aim to maintain the safety and dignity of all involved.