

ACT

A Trauma-Informed Self-Protection Course

Assess | Choose | Take Control



ACT is a self-protection program, collaboratively developed by trauma therapists from RESOLVE and Brazilian Jiu Jitsu trainers from On the Right, to meet the unique needs of individuals who may have previously experienced some form of interpersonal violence. This course focuses on safe disengagement and empowerment. Unfortunately, assaults often occur by a known person – typically a person that the individual cares about and does not want to harm. Unlike some traditional self-defense courses, ACT centers on leverage instead of strength or force, and is effective on a larger, stronger person. The goal is for safe disengagement and empowerment, not incapacitation of the other person by force. Classes are co-led by RESOLVE therapists and On The Right trainers, who provide emotional and physical support throughout the course, and encourage attendees to choose their level of participation.



Attendees will learn:

- About how the brain and body respond when under threat
- Awareness and observation techniques
- How to ground themselves when tensions are rising (regulate emotions, increase distress tolerance)
- How to use their bodies for leverage and safely disengage when a situation escalates into an altercation

For individuals age 16+

- Focus on empowerment
- Learn physical techniques, as well as brain response and regulation techniques
- Trauma - sensitive
- Small class size

Please join us

**Due to COVID, in-person classes
will resume in fall/winter of 2021**

For additional information or to register, go to:
www.resolve-roc.org or call 585-425-1580

