



***VIOLENT  
CRIMINAL  
ATTACKS***

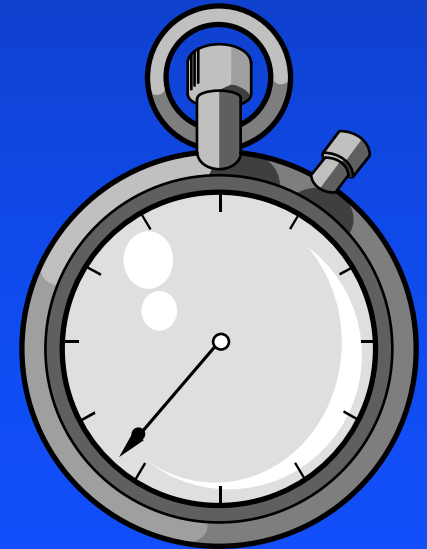


**HOW TO PREVENT OR  
SURVIVE AN ENCOUNTER**

*ROBERT W. FERGUSON, Ph.D..*

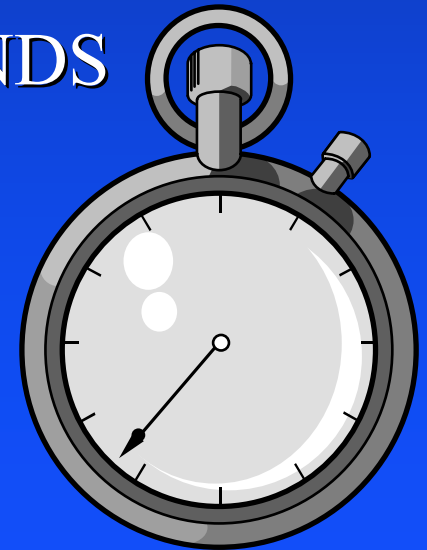
# *CRIME CLOCK*

- 1 VIOLENT CRIME EVERY 22 SECONDS
- 1 MURDER EVERY 22 MINUTES
- 1 FORCIBLE RAPE EVERY 5 MINUTES
- 1 ROBBERY EVERY 47 SECONDS



# *CRIME CLOCK*

- 1 AGGRAVATED ASSAULT EVERY 28 SECONDS
- 1 BURGLARY EVERY 11 SECONDS
- 1 THEFT EVERY 4 SECONDS
- 1 AUTO THEFT EVERY 20 SECONDS



# *CRIMINAL PROFILES*

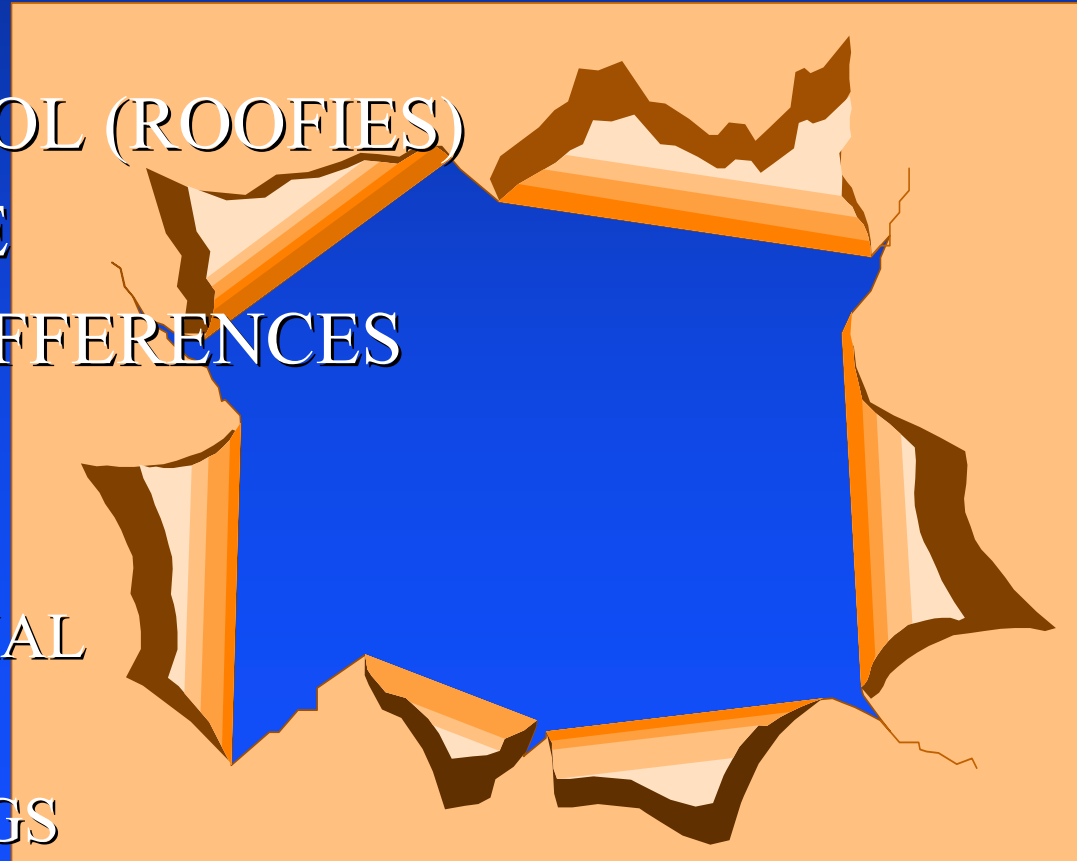
## *MURDER*

- UNLAWFUL KILLING OF A HUMAN BEING OR A FETUS BY A HUMAN BEING WITH MALICE
- PROFILE OF THE SERIAL MURDERER
  - ◆ (ANTISOCIAL) VS. ACQUAINTANCE MURDERER
- WEAPONS USED AND DEMOGRAPHICS
- FBI PROFILING



# ***FORCIBLE RAPE***

- SEXUAL ACTIVITY WITH MALE OR FEMALE AGAINST HIS OR HER WILL
- STRANGER
- DATE - ROHYPNOL (ROOFIES)
- ACQUAINTANCE
- STATISTICAL DIFFERENCES
- STRANGER
  - ◆ YOUNGER
  - ◆ MORE ANTISOCIAL
  - ◆ VIOLENT
  - ◆ WEAPONS, DRUGS



# ***BEHAVIOR OF THE RAPISTS:***

## ■ TYPES

- ◆ ANGER
- ◆ POWER
- ◆ SADISTIC

## ■ APPROACH METHODS:

- ◆ CON
- ◆ BLITZ
- ◆ SURPRISE

# *BEHAVIOR OF THE RAPISTS:*

- VERBAL THREATS TO MAINTAIN CONTROL
- 50% VICTIMS RESISTED
- 1/3 OF RAPISTS SEXUALLY DYSFUNCTIONAL
- LOW LEVEL OF SEXUAL PLEASURE
- PREFERRED ACTS
  - ◆ ORAL SEX
  - ◆ VAGINAL PENETRATION
- MOST VIOLATORS NOT CONCERNED ABOUT GETTING CAUGHT

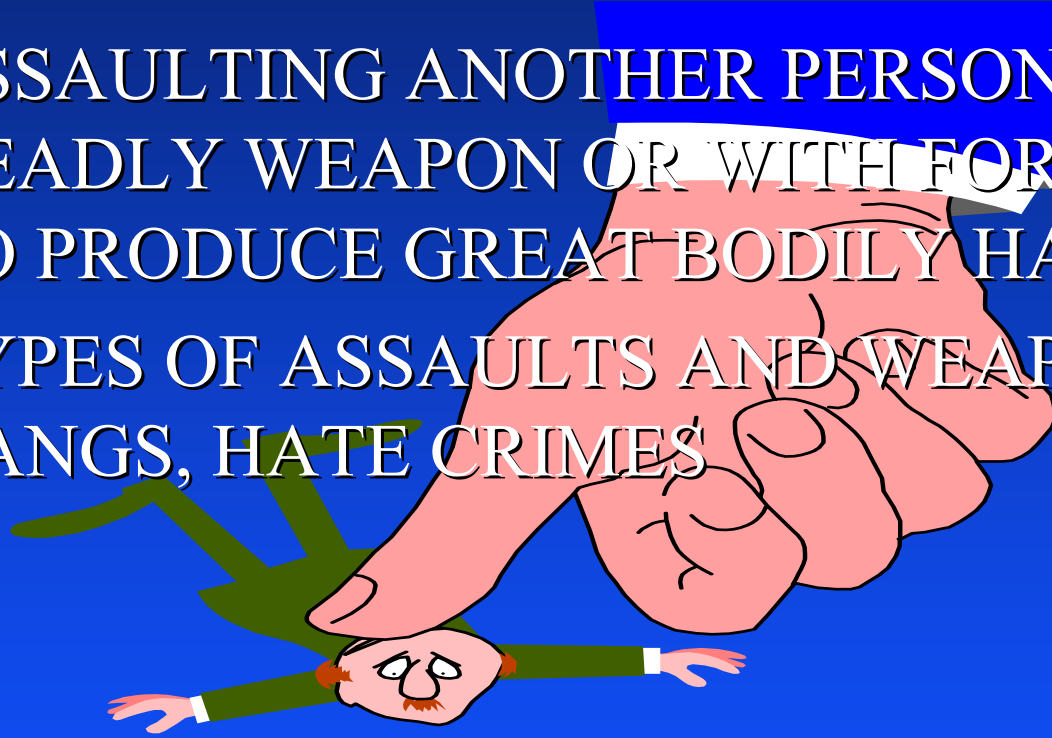
# ***ROBBERY***

- REMOVING PERSONAL PROPERTY OF ANOTHER BY FORCE OR FEAR
- STRONG-ARM TACTICS 40%
- WEAPONS 60%
- MO..
  - ◆ INTIMIDATION
  - ◆ ENTICEMENT
  - ◆ STALKING
  - ◆ CAR JACKING



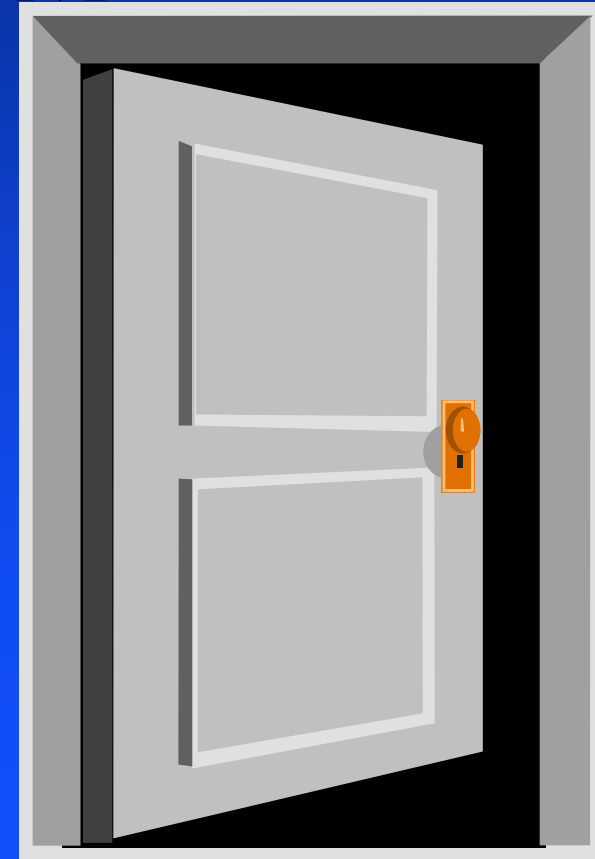
# *AGGRAVATED ASSAULT*

- ASSAULTING ANOTHER PERSON WITH A DEADLY WEAPON OR WITH FORCE; LIKELY TO PRODUCE GREAT BODILY HARM
- TYPES OF ASSAULTS AND WEAPONS USED - GANGS, HATE CRIMES



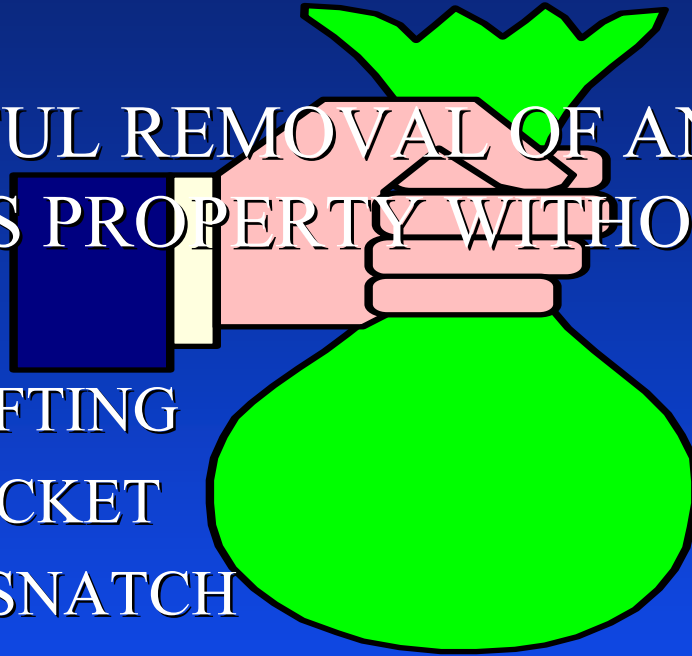
# ***BURGLARY***

- ENTRY INTO A BUILDING WITH INTENT TO STEAL OR TO COMMIT A FELONY
- TYPES
- WEAPON
- MOTIVATION
- PRIVATE
  - ◆ COMMERCIAL
  - ◆ MALLS
  - ◆ LOCKED VEHICLES



# ***THEFT***

- UNLAWFUL REMOVAL OF ANOTHER PERSON'S PROPERTY WITHOUT FORCE OR FEAR
  - ◆ SHOPLIFTING
  - ◆ PICKPOCKET
  - ◆ PURSE SNATCH



# ***POWER OF INTUITION - (CASE)***

- WE RISK BECAUSE....
  - ◆ SEEK CONNECTION -AVOID LOSS
  - ◆ DISLIKE REJECTION -RECOGNITION/ATTENTION
  - ◆ DISLIKE EMBARRASSMENT -WHAT OTHERS THINK
- MESSENGERS OF INTUITION -KANGAROO
  - ◆ FEAR, APPREHENSION, SUSPICION, HESITATION, DOUBT, GUT FEELINGS, HUNCHES, CURIOSITY, ANXIETY, WONDER
  - ◆ ALWAYS IN RESPONSE TO SOMETHING
  - ◆ HAS BEST INTERESTS AT HEART

# ***MORE INTUITION***

## ■ VIOLENCE PREDICTORS

- ◆ REJECTION, ENTITLEMENT, GRANDIOSITY, ATTENTION, REVENGE, ATTACHMENT, IDENTITY
- ◆ (JACA) - JUSTIFICATION, ALTERNATIVES, CONSEQUENCES, ABILITY

## ■ OVERT INDICATORS

- ◆ ABUSED AS CHILD, NO CONSCIENCE, CONTROL FREAK, RECKLESS, BRAVADO, GLIB, EGOCENTRIC, MANIPULATIVE, IMPULSIVE, NEED OF EXCITEMENT, LACKS RESPONSIBILITY, EMOTIONALLY SHALLOW

# ***MORE INTUITION***

- COVERT INDICATORS - DECEIT AND CONTROL
  - ◆ FORCED TEAMING (MAINTAIN INDEPENDENCE), CHARM YOU VS. CHARMING, ( BE CLEAR, PRECISE, ASSERTIVE, EXPLICITLY REBUF, DRAW LINE) WHAT IS THEIR MOTIVE? TOO MANY DETAILS COVER UP DECEIT, KEEP US OFF GUARD (STILL A STRANGER), TYPECASTING, LIGHT INSULT, (IGNORE), LOANSHARKING, YOU OWE ME, ( DON'T OWE YOU ANYTHING), UNSOLICITED PROMISE, PROMISE TO GO, (WHY DOES PERSON NEED TO CONVINC ME), DISCOUNT NO, (COMPLETE SENTENCE)

# ***MORE INTUITION***

## ■ MORE COVERT INDICATORS

- ◆ OFFERS TO HELP IN UNRELATED WAY, ASKS TOO MANY QUESTIONS, STANDS TOO CLOSE, EXCESSIVE TOUCHING, DISCUSS PERSONAL TOPICS, NO CONCERN ABOUT TIME, WANTS YOU ALONE, STARING.

## ■ OPTIONS -( CONSCIOUS ALLIANCE WITH OUR INTUITION)

- ◆ EXAMPLE - PHONE NUMBER REFUSAL AND PERSISTANCE - (FRIEND, RELATIONSHIP, RAPE?)

# ***MORE INTUITION***

## ■ **WORKPLACE**

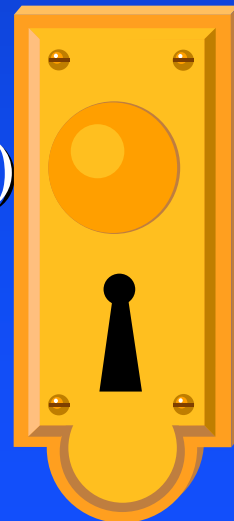
- ◆ **INFLEXIBILITY, WEAPONS, ANGER, HOPELESSNESS, IDENTIFICATION, CO-WORKER FEAR, THREATS, PARANOIA, CRITICISM, BLAME, CRUSADES, UNREASONABLE EXPECTATIONS, GRIEVANCE, POLICE ENCOUNTERS, MEDIA, STALKING, REFUSES TO LEAVE.**

## ■ **HOME**

- ◆ **ACCELERATED COMMITMENTS, RESOLVE CONFLICT BY BULLYING, STRIKES THINGS, DRUGS, PAST VIOLENCE, STALKING, USES MONEY TO CONTROL, JEALOUSY, TOGETHER FOR LIFE, INFLEXIBLE MOOD WEAPONS PARANOIA**

# *CRIMES AGAINST THE ELDERLY*

- UNIQUE CONDITIONS
- CRIMES FREQUENTLY REPORTED BY THE ELDERLY
- VIOLENT CRIMES (RAPE, ROBBERY)
- HEALTH AND RETIREMENT FRAUDS
- PHONY INVESTMENTS
- CON GAMES SWINDLES (PIGEON DROPS)
- HOME REPAIR SCHEMES



# *STRANGER ABDUCTIONS OF CHILDREN*

## ■ OFFENDERS

- ◆ PEDOPHILE
- ◆ PROFITEER
- ◆ ADOPTION FRAUD
- ◆ CHILDLESS PSYCHOTIC



# ***METHODS USED TO LURE & ABDUCT CHILDREN***

- DIRECTIONS
- ASSISTANCE
- LOST PETS
- PARENTS (SAFE THEMES)



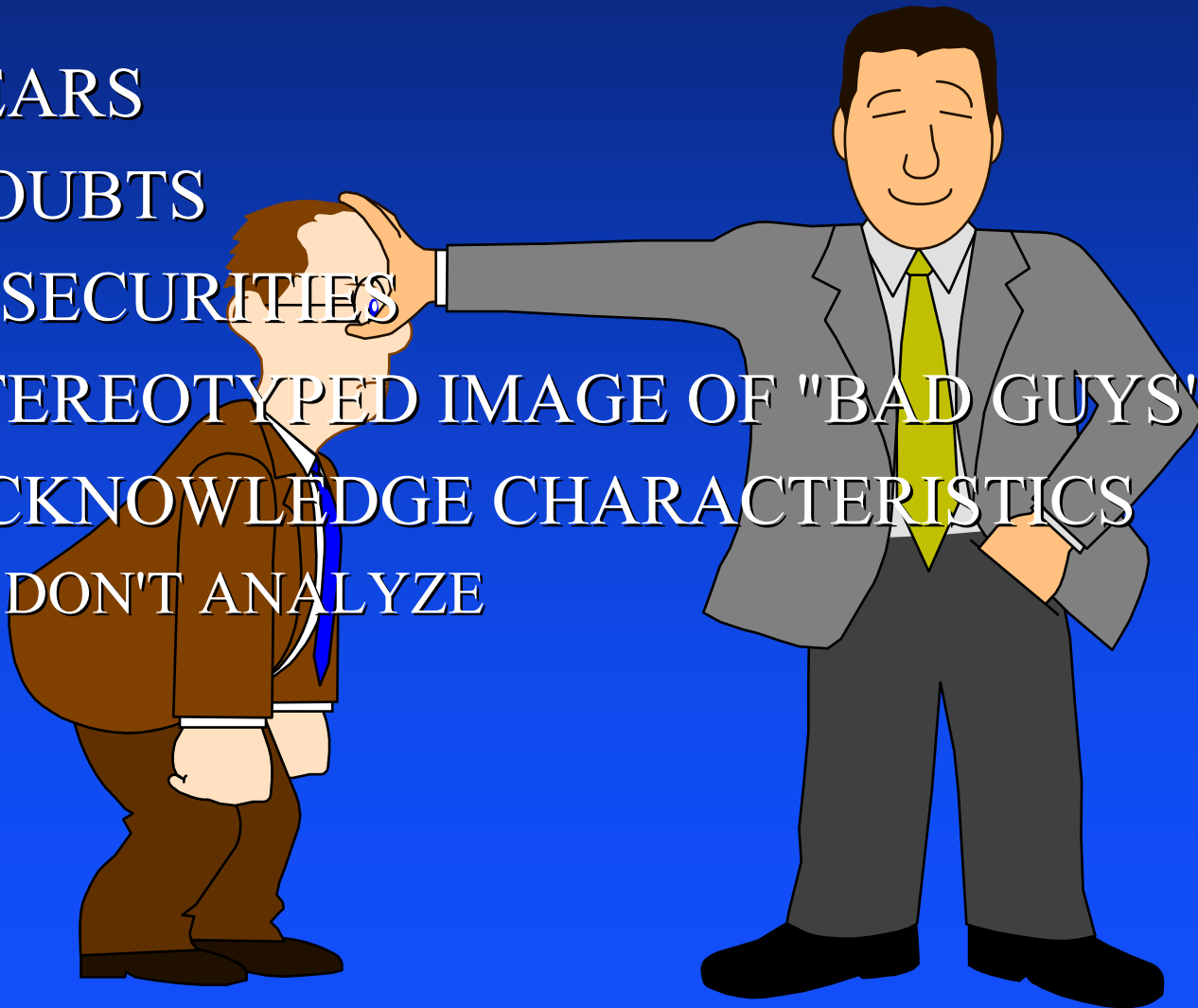
# *DEVELOPING A MENTAL SET*

- CONCENTRATION
- DISCIPLINE
- AWARENESS
- THE STUDY OF THE SELF
  - ◆ EXAMPLE: MARTIAL ARTS)



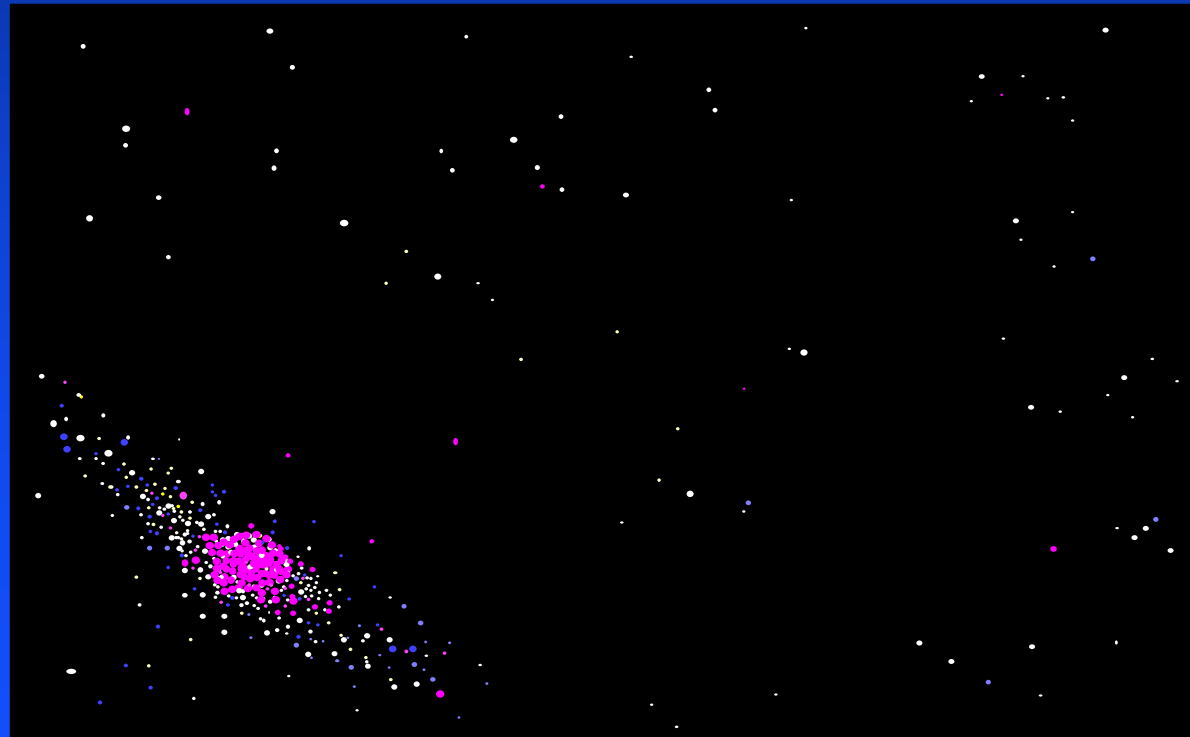
# *INTIMIDATION*

- FEARS
- DOUBTS
- INSECURITIES
- STEREOTYPED IMAGE OF "BAD GUYS"
- ACKNOWLEDGE CHARACTERISTICS
  - ◆ DON'T ANALYZE



# *MUSHIN ACTIVE STILLNESS*

- INSTINCTIVE RESPONSES W/O ANALYSIS
- THE MUSHIN EXERCISE



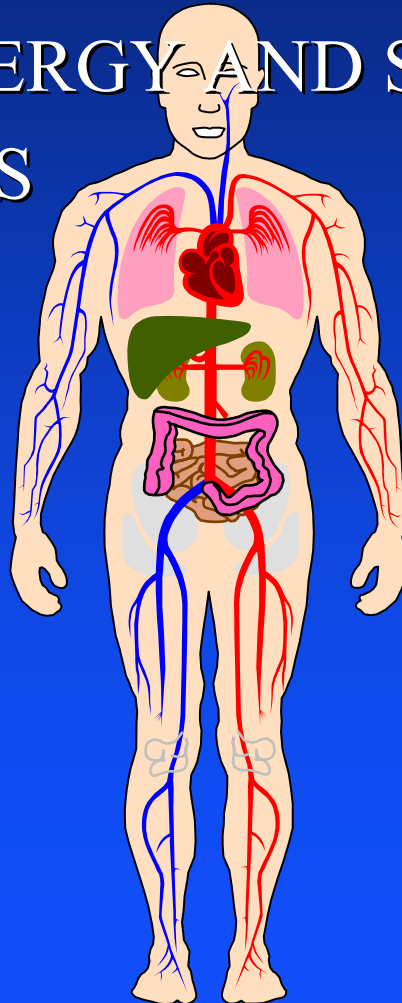
# *MAXIMIZED PERFORMANCE THROUGH CONTROLLED EMOTION*

- THOUGHTS CREATE FEELINGS & EMOTIONS
- ABCDE



# CHI

- INTERNAL ENERGY AND STRENGTH
- CHI EXERCISES



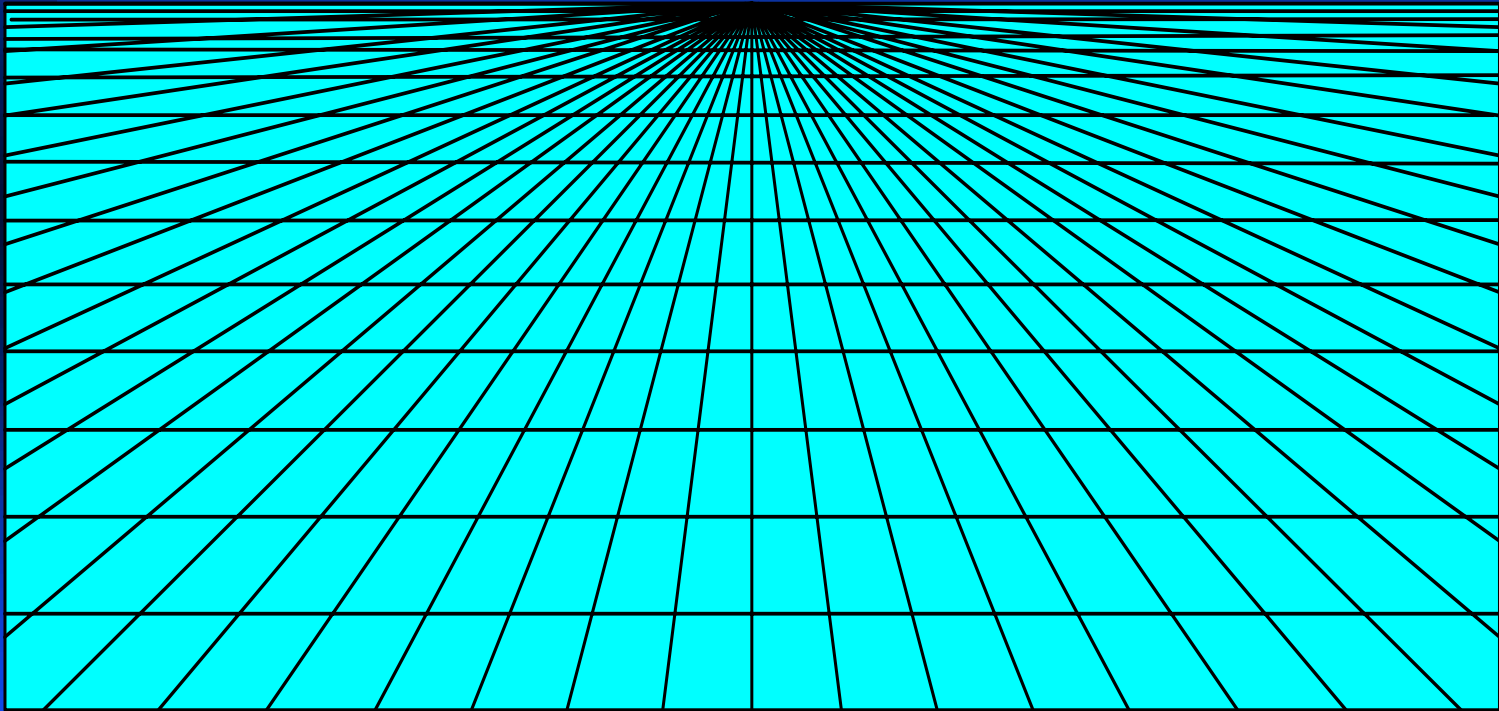
# *UNLOCK YOUR FIGHT/FLIGHT SWITCH*

- SYMPATHETIC NERVOUS SYSTEM  
ADRENALINE
- UNCONTROLLED RESPONSES
- VISUALIZATION EXERCISES TO CONTROL  
AGGRESSION



# *MEDITATION/YOGA*

- THE EXERCISES



# *RELAXATION TECHNIQUES*

## *PURPOSE*

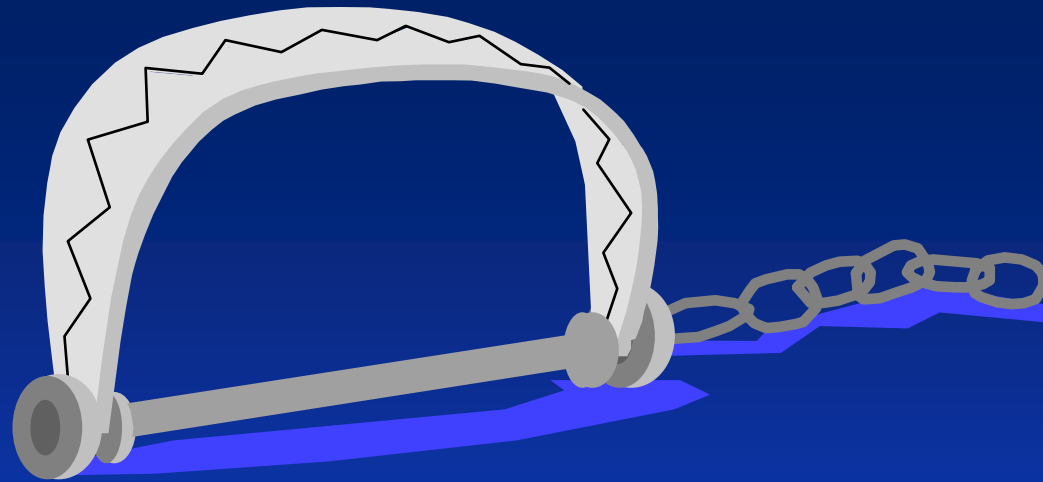
- RELAXATION EXERCISES
  - ◆ PROGRESSIVE RELAXATION
  - ◆ MUSCLE TENSING
  - ◆ AUTOGENIC IMAGERY



# *SELF HYPNOSIS*

- PURPOSE
- THE "PYRAMID VIGNETTE"





# *CRIME PREVENTION*

A PERSONAL RESPONSIBILITY  
"NOT GOING TO HAPPEN TO ME"  
VICTIMIZATION - THREATENING  
ANGER - PREPARATION

# *VICTIM AVOIDANCE*

- CHANGE LIFESTYLE
- DEFENSIVE DRIVING
- POTENTIAL DANGEROUS SITUATIONS



# *GENERAL AVOIDANCE GUIDELINES*

- ASSERTION
- LOOK AND ACT ALERT
- NONVERBAL COMMUNICATION
- AVOID DANGEROUS PLACES
- ENVIRONMENT AWARENESS
- THINK AHEAD
- WEAPONS TRAINING
- ALARM DEVICES
- SELF DEFENSE TRAINING
- TRUST YOUR INSTINCTS



# *SPECIFIC LOCATIONS*

- CAMPUS SETTINGS
- PARTY OR BAR



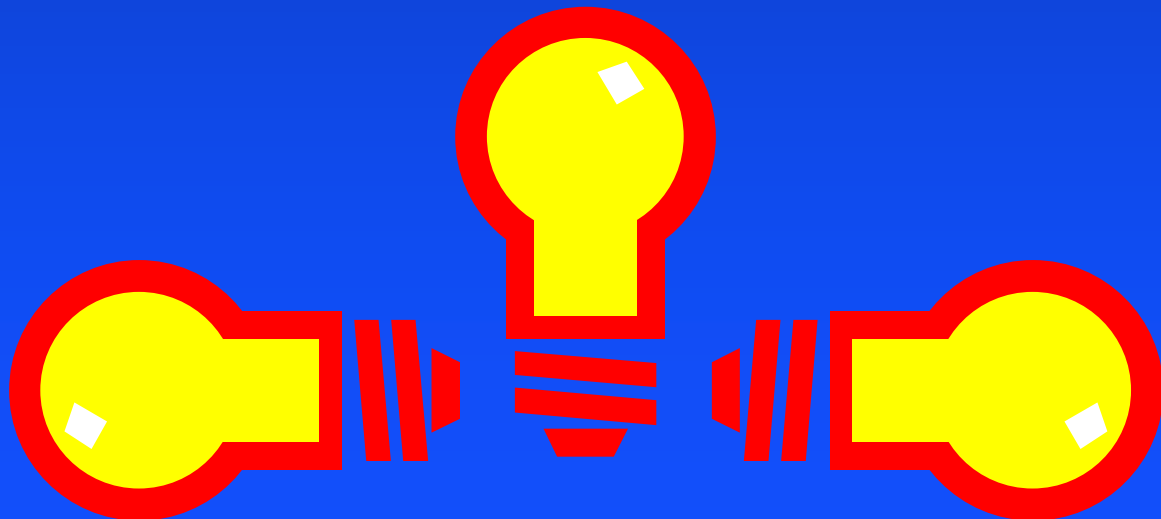
# *RESIDENCE*

- STRANGERS
- NOT ALONE SIMULATION
- SOLICITORS
- EMERGENCY
- ROOMMATE
- EMERGENCY PHONE NUMBERS
- NEIGHBORS
- WRONG NUMBERS
- INITIALS AND LAST NAME



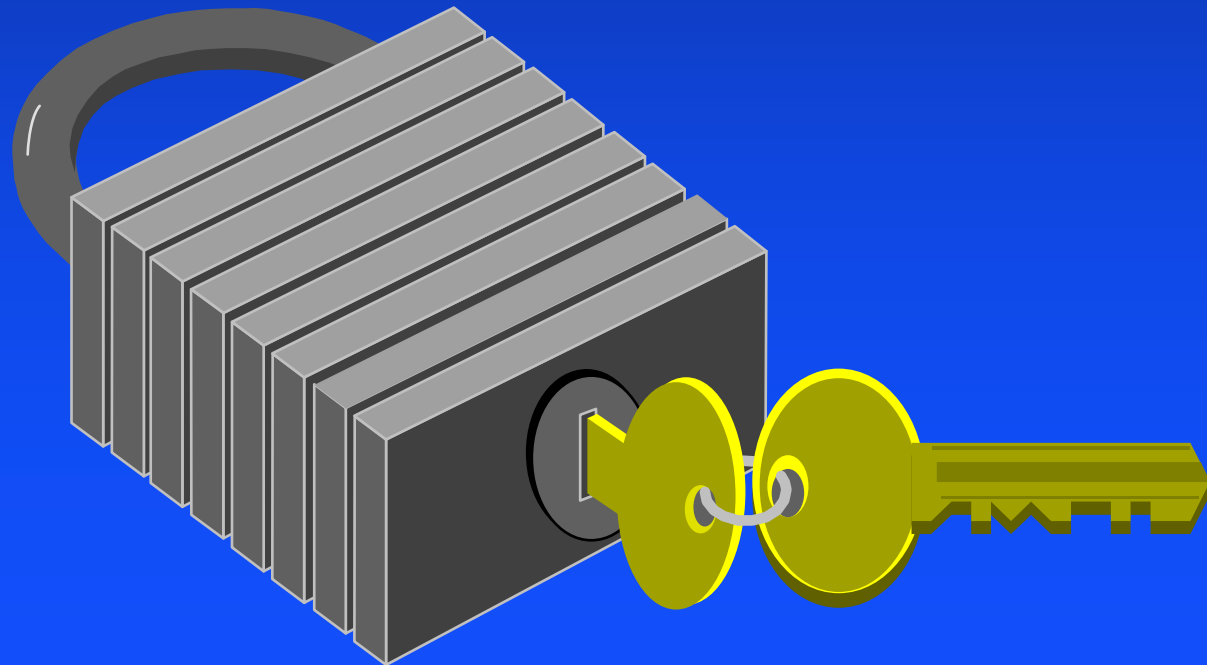
# *RESIDENCE*

- RECHECK DOORS AND WINDOWS
- KEYS
- WELL LIGHTED ENTRANCE
- STRANGER SURVEILLANCE
- FORCED ENTRY
- MESSAGES
- NEWSPAPERS
- BLINDS
- PEEPHOLE



# *RESIDENCE*

- TELEPHONES
- SUSPICIOUS NOISE OR PEOPLE
- ESCAPE PLAN
- WEAPONS



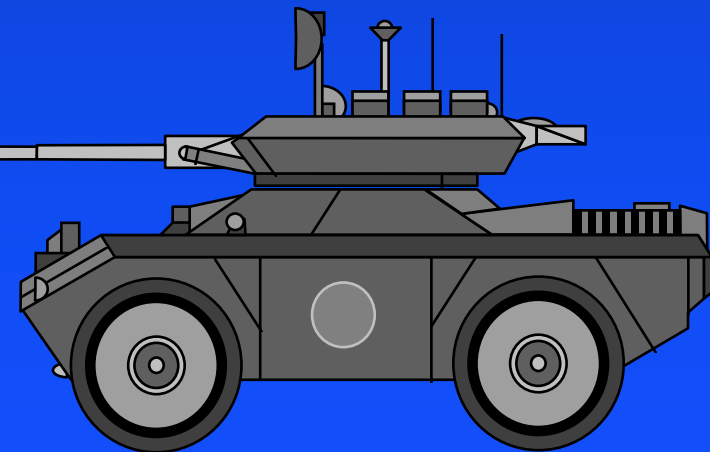
# *WALKING*

- BRISK ALERT
- EVASIVE ACTION IF FOLLOWED
- FACE TRAFFIC
- ASKING DIRECTIONS
- KEEP HAND FREE
- WALKING AT NIGHT
- VARY YOUR ROUTES
- ELEVATORS



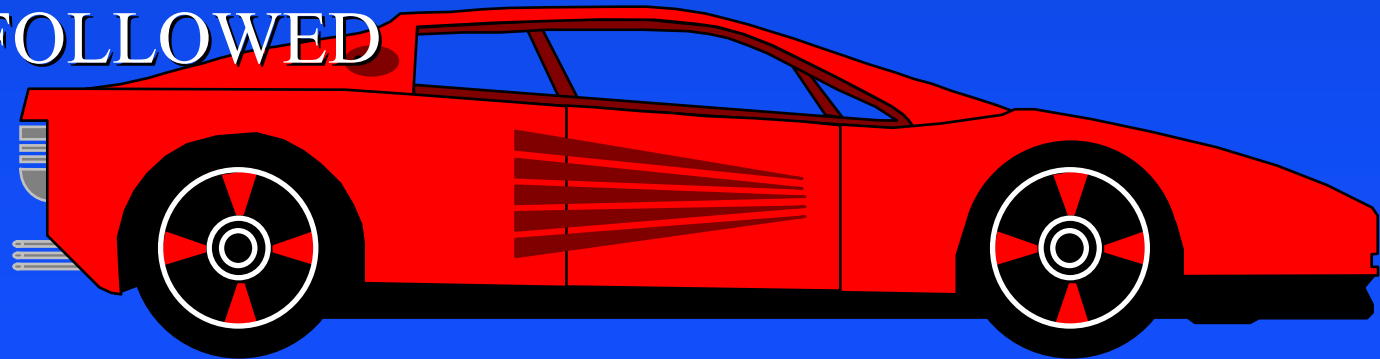
# *DRIVING*

- KEYS AVAILABLE
- PARKING
- CHECK INSIDE AND UNDER YOUR CAR
- CARJACKING
- BUMP AND RUN
- SMASH AND GRAB
- AREA FAMILIARIZATION



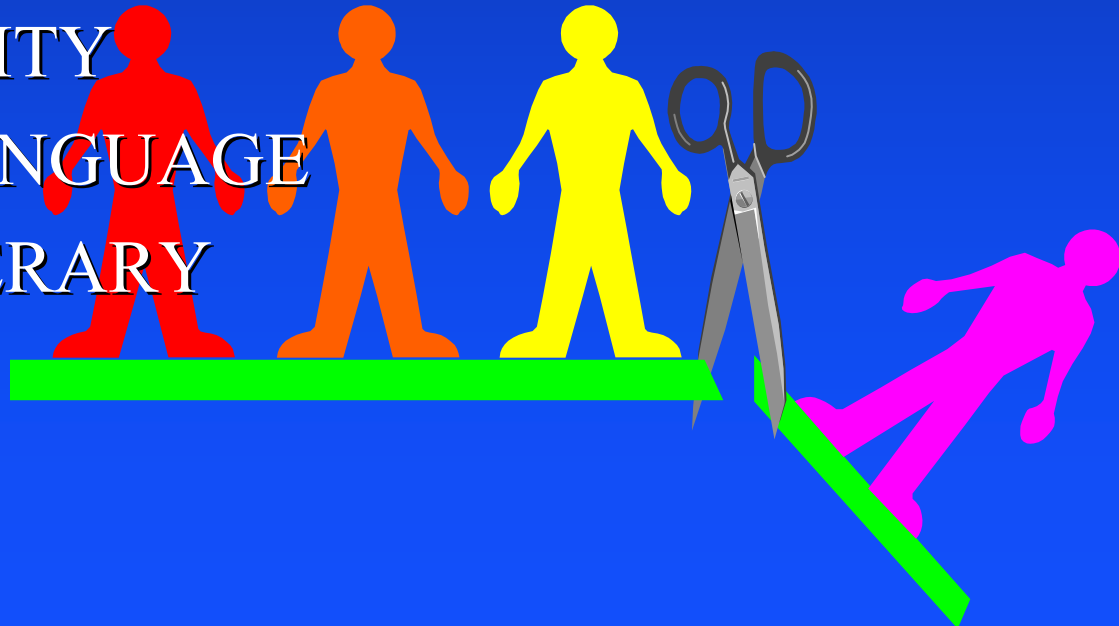
# *DRIVING*

- GAS AND VEHICLE CONDITION
- BREAKDOWNS OTHER MOTORISTS
- CARRY TELEPHONE MONEY
- BLANKETS
- HITCHHIKERS
- CB RADIO CAR PHONE
- BEING FOLLOWED



# *HOSTAGE TAKING*

- POTENTIAL VICTIMS
- MEMORIZE EMERGENCY TELEPHONE NUMBERS
- LOW PROFILE
- AVOID PUBLICITY
- LEARN THE LANGUAGE
- PREPARE ITINERARY
- MAPS



# *HOSTAGE TAKING*

- FAMILY MEMBERS
- HIGH THREAT AREAS
- VARY YOUR ROUTE
- SECURED PARKING
- CHECK VEHICLE AND STREETS
- DRIVE DEFENSIVELY
- REVERSE DIRECTIONS
- BLOOD TYPE/MEDICATIONS



# *ACQUAINTANCE RAPE*

- STILL FORCE RAPE
- COMMERCIAL PROGRAMMING
- SELF ESTEEM/RESPECT
- ALCOHOL/DRUGS
- ASSERTION "LINE IN THE SAND"
- AVOID MIXED MESSAGES
- FRIENDS SLEEPING TOGETHER
- RED FLAGS



# ***PREVENTION FOR THE ELDERLY***

- SPECIALLY TRAINED POLICE
- VICTIM COMPENSATION PROGRAMS
- DISTRIBUTE DIRECTORIES FOR SERVICES
- INFORMATION ABOUT EMERGENCY ASSISTANCE
- CRIME CONTROL INFORMATION
- SPECIAL CRIME TRAINING
- TEAM SHOPPING, NEIGHBORHOOD WATCH, ESCORT SERVICES

# ***PREVENTION FOR THE ELDERLY***

- HOME SAFETY
- PERSONAL PREVENTION
- PUBLIC TRANSPORTATION
- DOOR TO DOOR SALES
- INVESTMENT SCHEMES
- MEDICAL QUACKERY
- MAIL AND PHONE FRAUD
- BUSINESS SCHEMES
- HOME IMPROVEMENT/LAND FRAUD

# ***CRIME PREVENTION FOR CHILDREN***

- CHILDREN EDUCATION PROGRAMS
- "WHAT IF" GAMES
- ROLE PLAYING
- FAIRY TALES
- CHILD SAFETY FAIRS
- NATIONAL CENTER FOR MISSING CHILDREN
- AGE PROGRESSION COMPUTER
- ABDUCTION PREVENTION PROGRAM



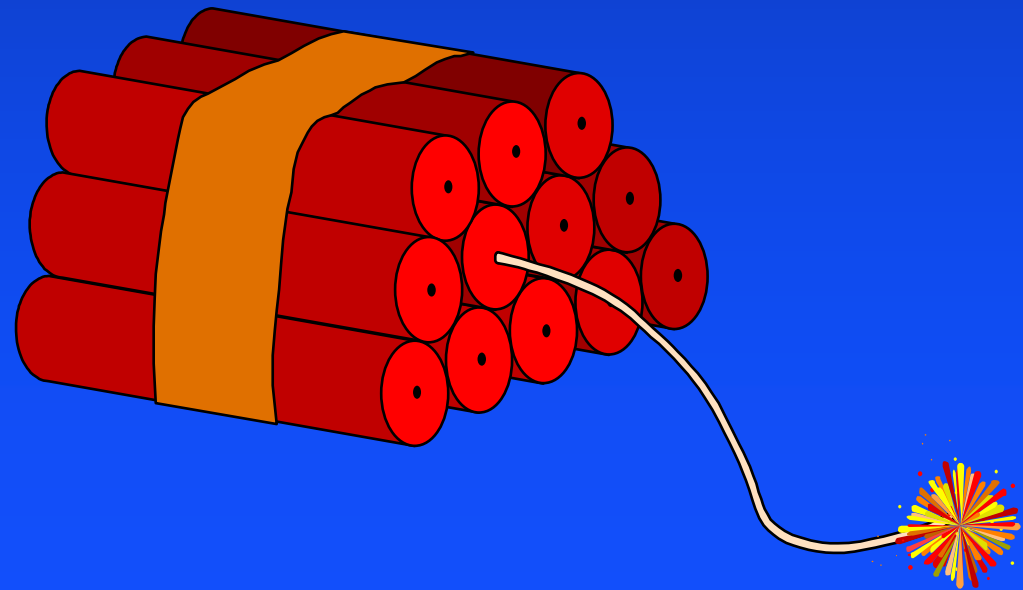
# *CRIME PREVENTION - CHILDREN*

- NEIGHBORHOOD FAMILIARITY
- SAFE PLACES
- NEIGHBORS' SCHEDULES & PHONE NUMBERS
- CODE SYSTEM
- SCHOOL CALL BACK PROGRAM
- HOME ALONE EMERGENCY PHONE NUMBER
- AVOID APPROACHING & HELPING STRANGER
- HOME DELIVERIES
- GO PLACES WITH A FRIEND



# ***SELF DEFENSE WEAPONS***

- CRIMINAL POPULATIONS
  - ◆ ORGANIZED
  - ◆ WHITE COLLAR
  - ◆ HABITUAL



# ***MAKE LIVING OUT OF CRIME***

- UNSOPHISTICATED
- OFTEN APPREHENDED
- CRIMES AGAINST YOUR PERSON & PROPERTY
- IMPULSIVE UNPLANNED ACTIVITIES
- WORKS IN GROUPS
- ARMED
- WORRIED ABOUT VICTIM BEING ARMED



# *CONSIDERATIONS*

- LEGALITY OF THE WEAPON
- PRACTICALITY
- AVAILABILITY
- TRANSPORTATION
- EFFECTIVENESS
- USED AGAINST YOU
- INJURE OTHERS
- LEGAL LIABILITY



# *CONVENTIONAL WEAPONS*

- LEGALITY
- TRAINING
- PRACTICE



# ***FIREARMS***

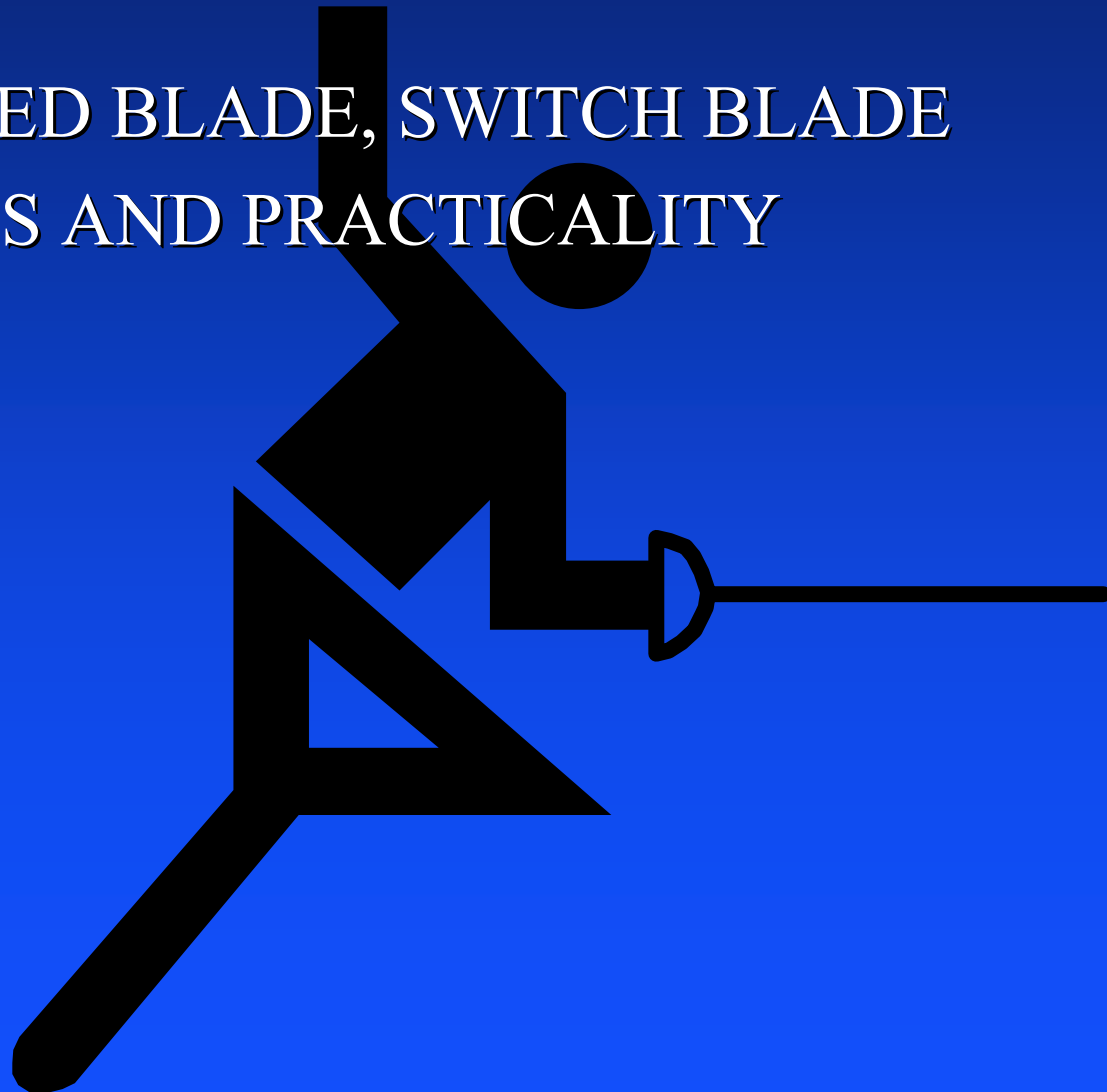
- EFFECTIVENESS AND PRACTICALITY
- CANCELABLE FIREARM DEFINITION AND LICENSE
- CARRYING LOADED WEAPONS PERSON AND VEHICLE
- HOME OR BUSINESS
- AUTOMATIC WEAPONS
- TRAINING COURSES
- SHOOT TO STOP VS. WOUND OR KILL
- CALIBER RECOMMENDATIONS

# *TEAR GAS*

- FORMS CS, CN, OC
- ELIGIBILITY
- LEGAL RESTRICTIONS
- PROPERTIES
- EFFECTS
- LIMITATIONS
- FIRST AID

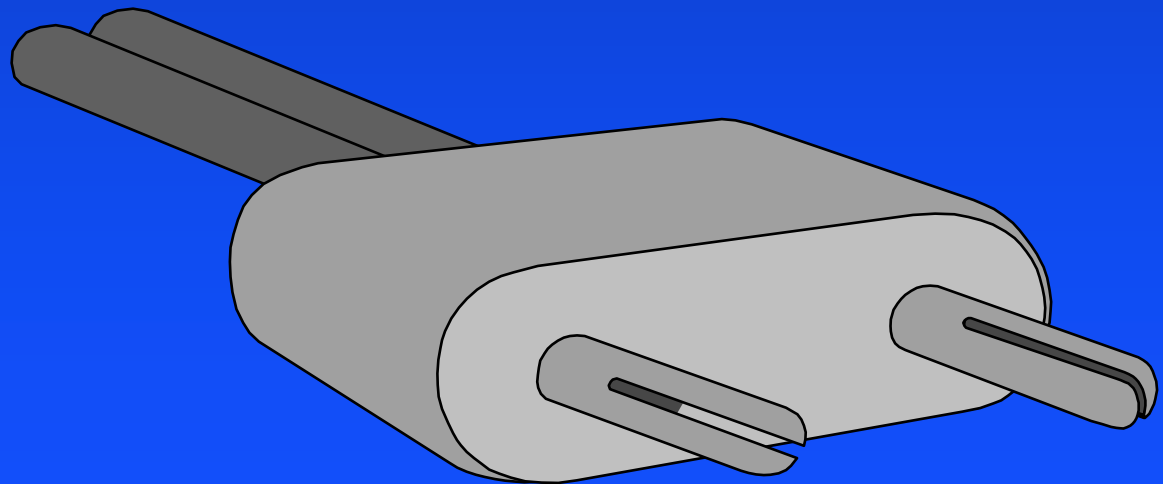
# *KNIVES*

- LEGALITY FIXED BLADE, SWITCH BLADE
- EFFECTIVENESS AND PRACTICALITY



# *STUN DEVICES*

- TYPES DIRECT CONTACT AND ELECTRODE
- EFFECTIVENESS AND PRACTICALITY
- LEGALITY



# *YAWARA STICK*

- DESCRIPTION AND TYPES
- EFFECTIVENESS AND PRACTICALITY



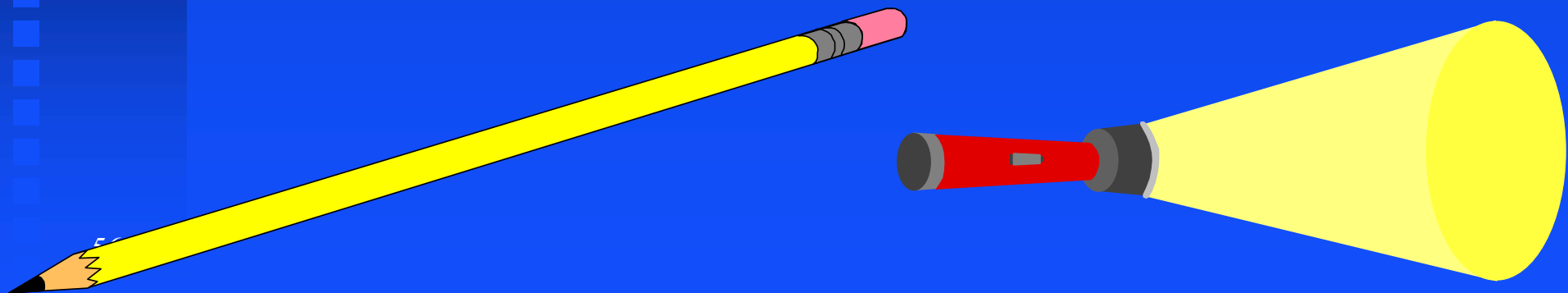
# *ILLEGAL WEAPONS*

- PC 12020
- AUTOMATIC WEAPONS



# *UNCONVENTIONAL WEAPONS (IMPROVISED)*

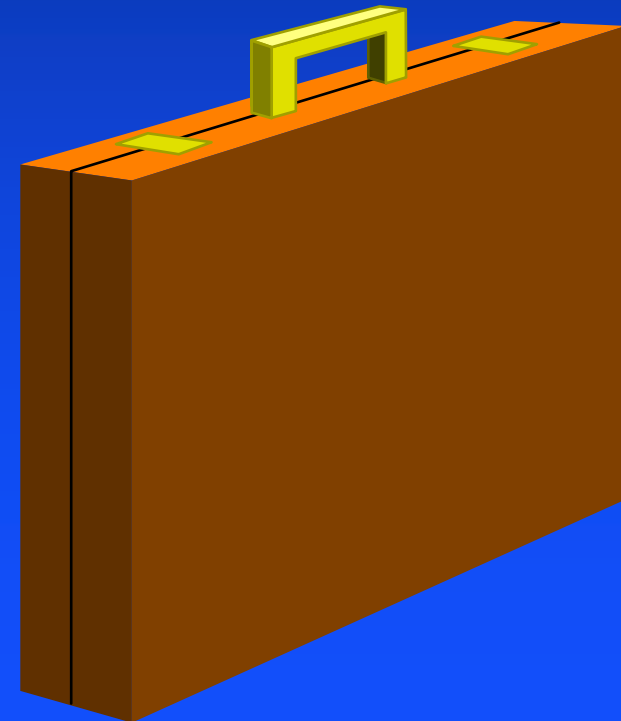
- ANTICONVENTIONAL WEAPON ATTITUDES
  - ◆ EFFECTIVENESS
  - ◆ PRACTICALITY
  - ◆ LEGALITY
- WEAPON VS. DIVERSION



# *TYPES*

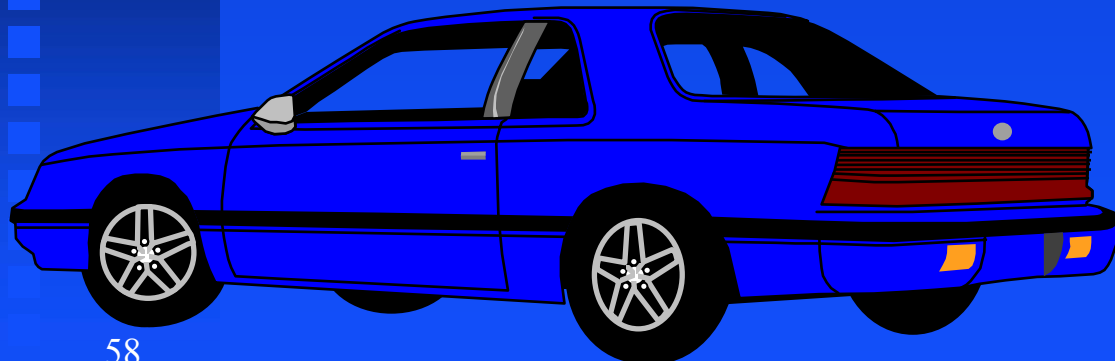
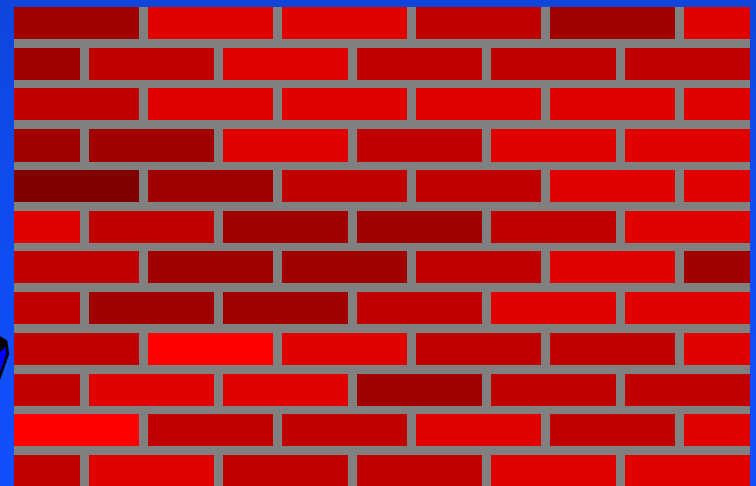


- SPRAYS
- KEYS AND COMBS
- CANES (ESCRIMA TRAINING)
- UMBRELLAS
- THINGS YOU CARRY
  - ◆ BOOKS, PURSE, BRIEFCASE
- COAT SHOES
- MINIFLASHLIGHTS
- BELTS BELT BUCKLES
- PENS
- ALL IS FAIR



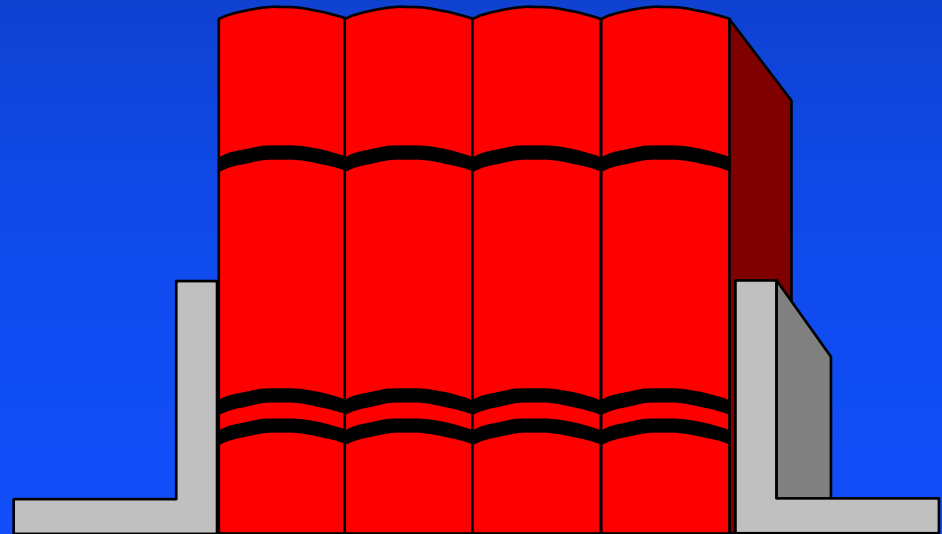
# *ENVIRONMENTAL WEAPONS*

- BE PERCEPTIVE AND PRACTICE
- OBJECTS
- BARRICADES



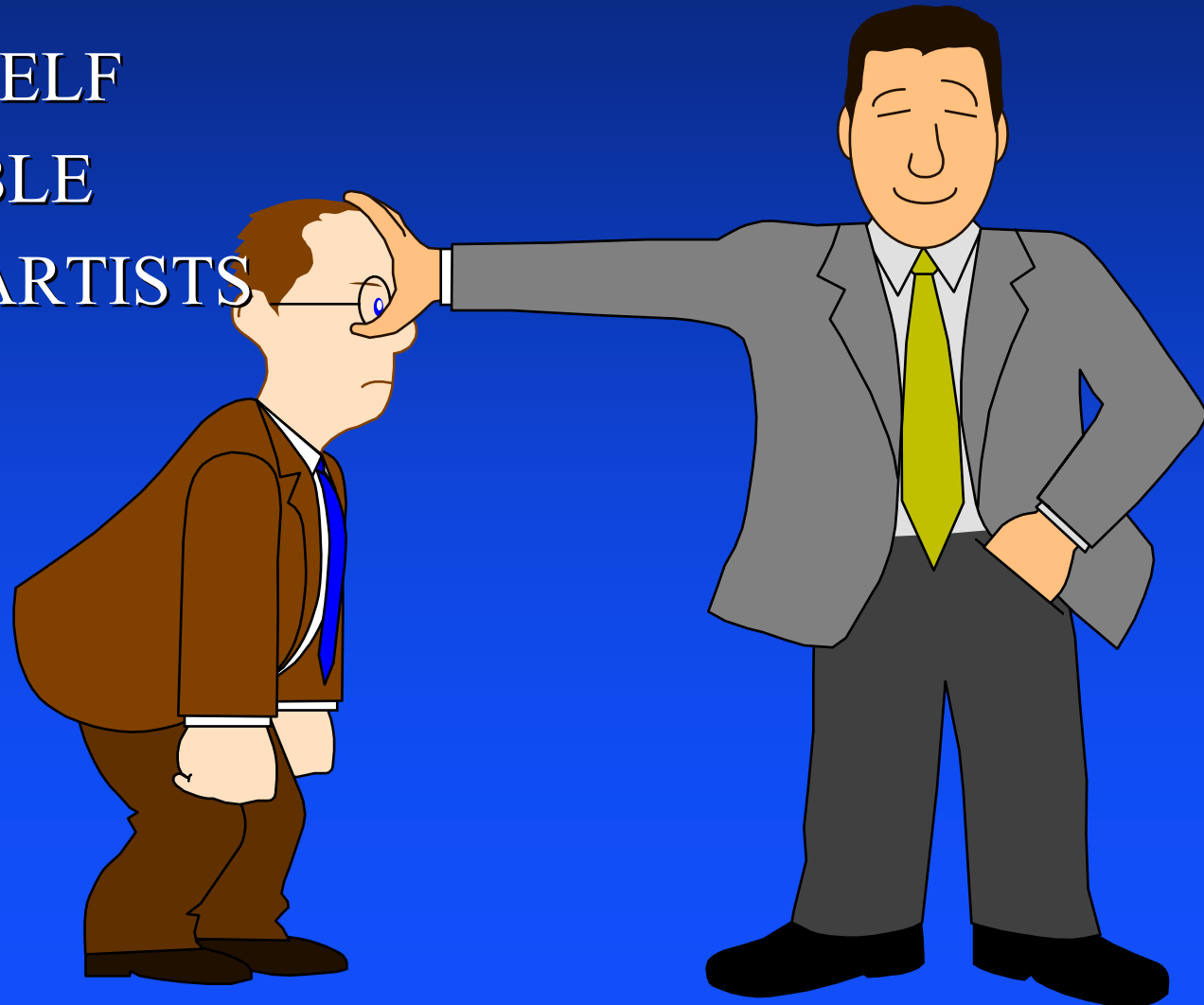
# *LEGAL CONSIDERATIONS*

- BERNARD GETZ CASE
- FIRST RESPONSIBILITY ESCAPE
- PUNISHING OFFENDERS
- EYE FOR EYE ILLEGAL
- (BOB CASE)



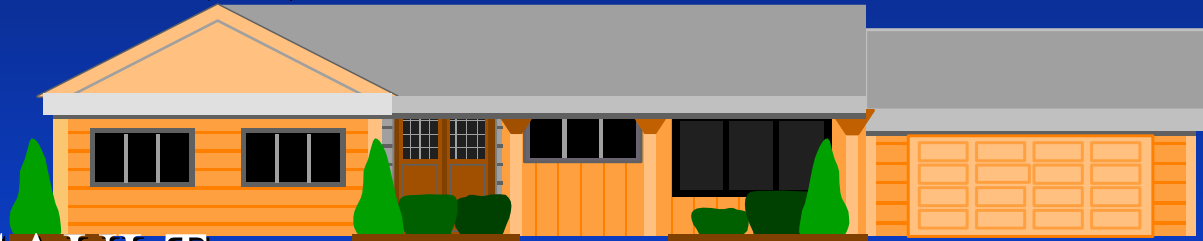
# *USE OF FORCE - PERSON*

- PROTECT SELF
- REASONABLE
- MARTIAL ARTISTS



# *USE OF FORCE - PROPERTY*

- GENERAL RULE - NEVER DEADLY

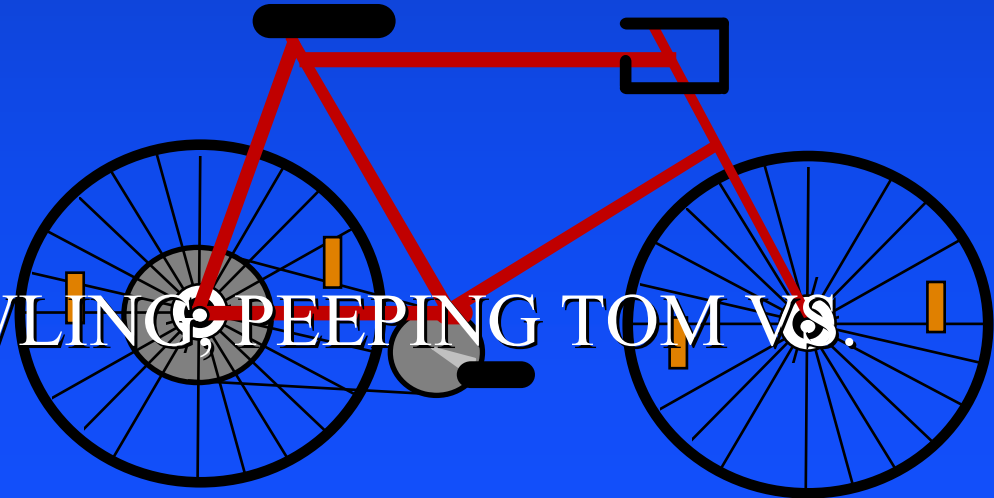


- VERBAL ASSAULT

- ◆ PUSH
- ◆ CAPTURE
- ◆ CITIZEN'S ARREST

- EXCEPTIONS

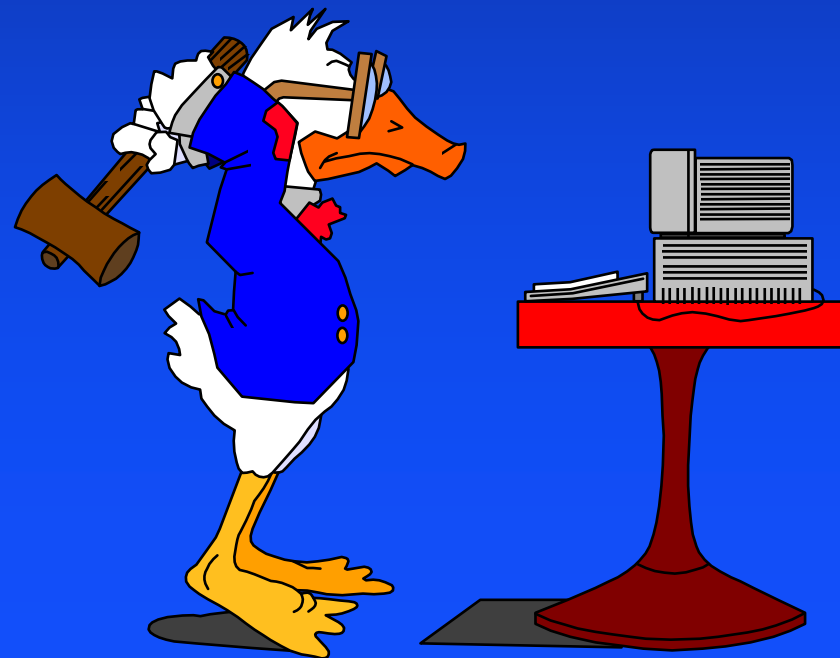
- BURGLARY, PROWLING, PEEPING TOM VS. ROBBERY



# *USE OF FORCE:*

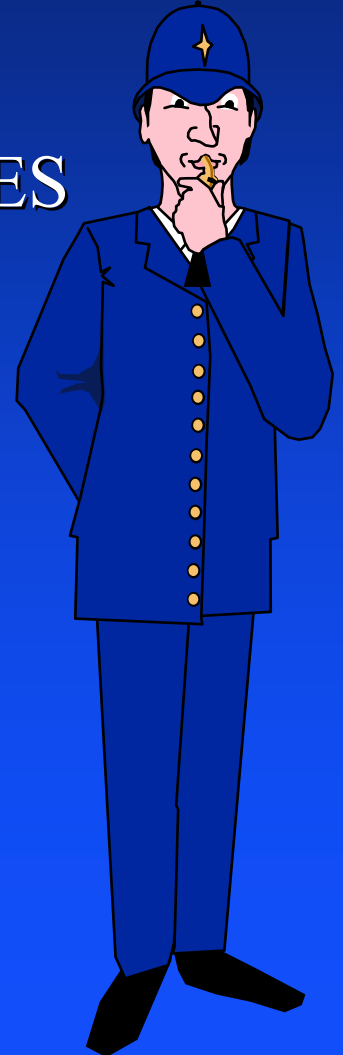
## *PROTECT OTHERS*

- OBLIGATION (KITTY CASE)
- CRIME AGAINST PROPERTY OR PERSON
- VERBAL FORCE AND REASONABLE PHYSICAL FORCE
- RISKS



# *CITIZEN'S ARREST*

- DEFINITION
- FELONY AND MISDEMEANOR CRIMES
- BREAK DOWN DOOR TO ARREST
- YOUR STATEMENT
- OVERCOMING RESISTANCE
- DISPOSITION OF SUSPECT &
- WEAPONS SEIZED



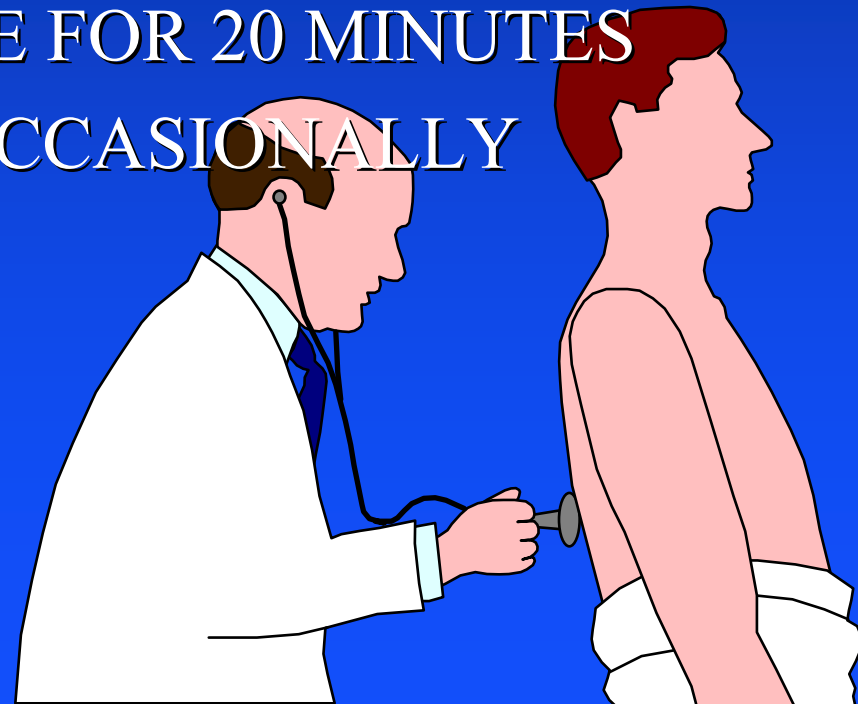
# *CONDITIONING FOR SELF DEFENSE*

- FLEXIBILITY
- AEROBICS
- STRENGTH
- NUTRITION
- MARTIAL ARTS WARRIOR VS. AVERAGE PERSON
- PART OF YOUR LIFESTYLE



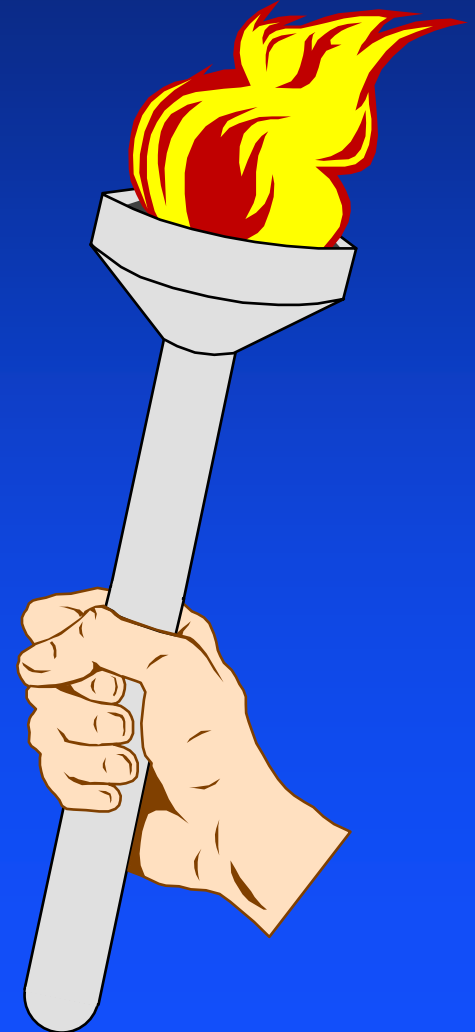
# ***FITNESS ASSESSMENT AND PHYSICAL EXAM***

- GET A PHYSICAL SPORTS MINDED PHYSICIAN
- TRAINING HEART RATE:
  - ◆  $220 - \text{YOUR AGE} \times 0.6$  OR  $0.8$
- MAINTAIN PULSE RATE FOR 20 MINUTES
- CHECK YOUR PULSE OCCASIONALLY



# ***BUSY SCHEDULE***

- FAMILY
- FRIEND
- SELF DEFENSE OUTING
- BE GOAL ORIENTED
- DOWN TIMES



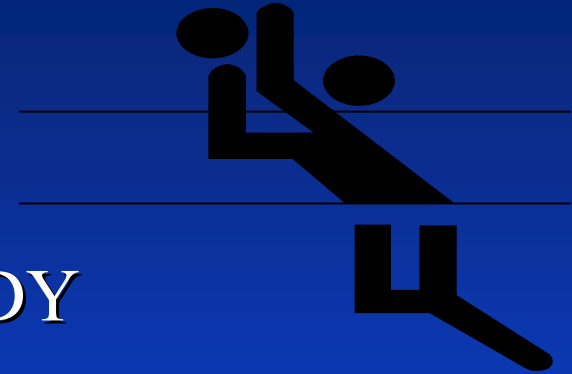
# ***SELF DEFENSE STUDIO***

- HOME
- GARAGE



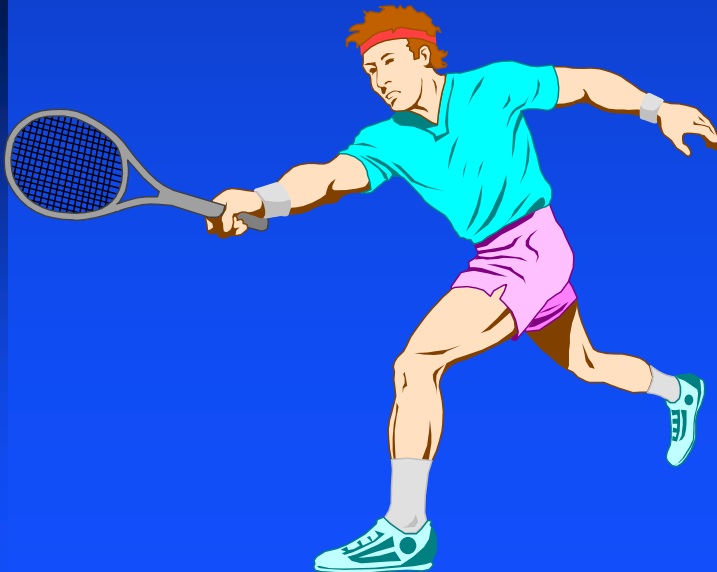
# *CONDITIONING PRINCIPLES*

- PROCEED GRADUALLY
- VARY YOUR WORKOUTS BODY
- VARY YOUR WORKOUTS ACTIVITIES
- WARM UP (STRETCH)
- COOL DOWN (FLEXIBILITY)
- SOLO TRAINING BASICS
- KATA
- COMBINATIONS
- SPARRING



# CROSS TRAINING

- SPEED
- FLEXIBILITY
- ENDURANCE
- STRENGTH



# ***STRETCHING IMPORTANT***

- DYNAMIC
- PASSIVE
- ISOMETRIC
- EXERCISES



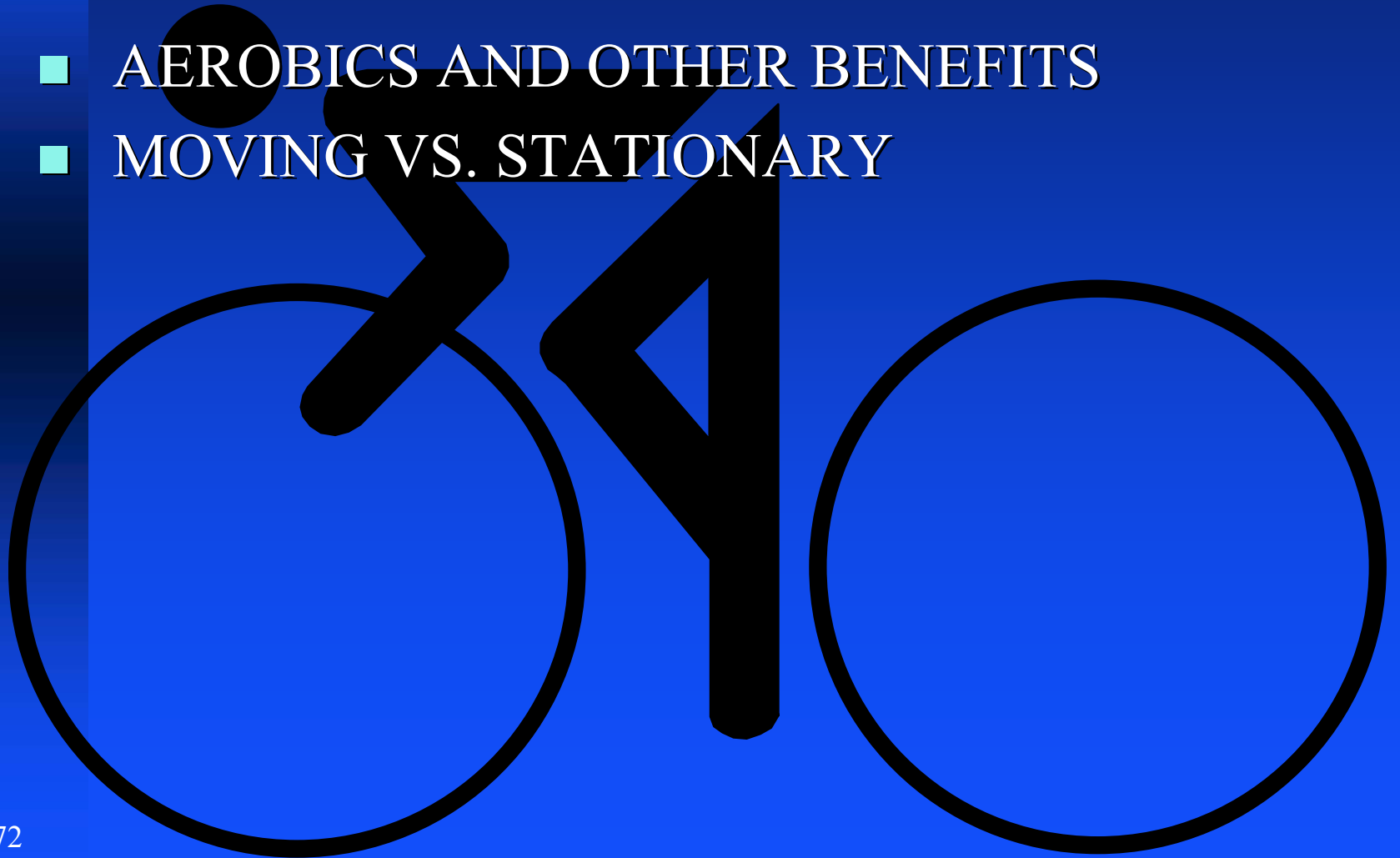
# *MARTIAL ARTS/BOXING*

- SELF DEFENSE AND OTHER BENEFITS
- WHICH FORM CONSIDERATIONS
- T'AI CHI
- JUDO
- KARATE
- AIKIDO



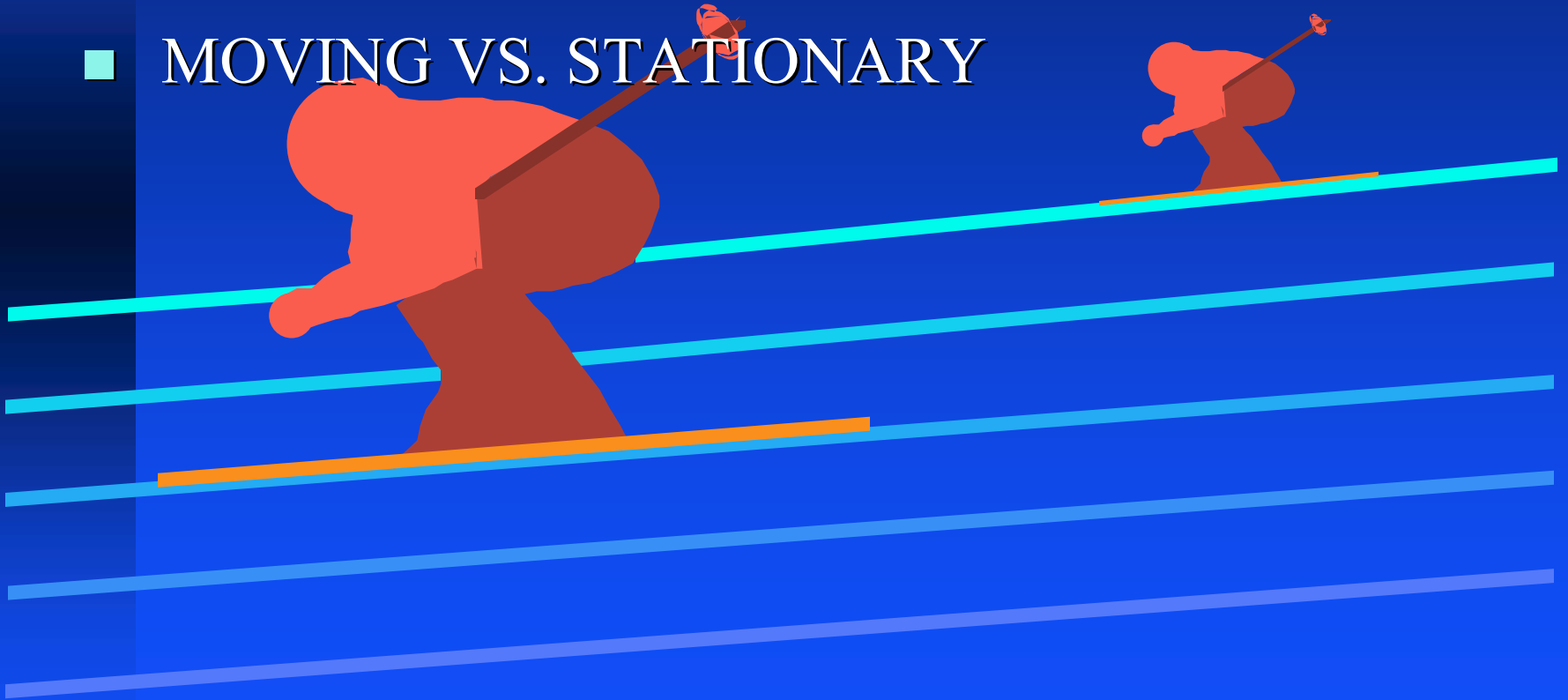
# *CYCLING*

- AEROBICS AND OTHER BENEFITS
- MOVING VS. STATIONARY



# *CROSS COUNTRY SKIING*

- TOTAL BODY WORKOUT
- MOVING VS. STATIONARY



# *SWIMMING*

- BENEFITS



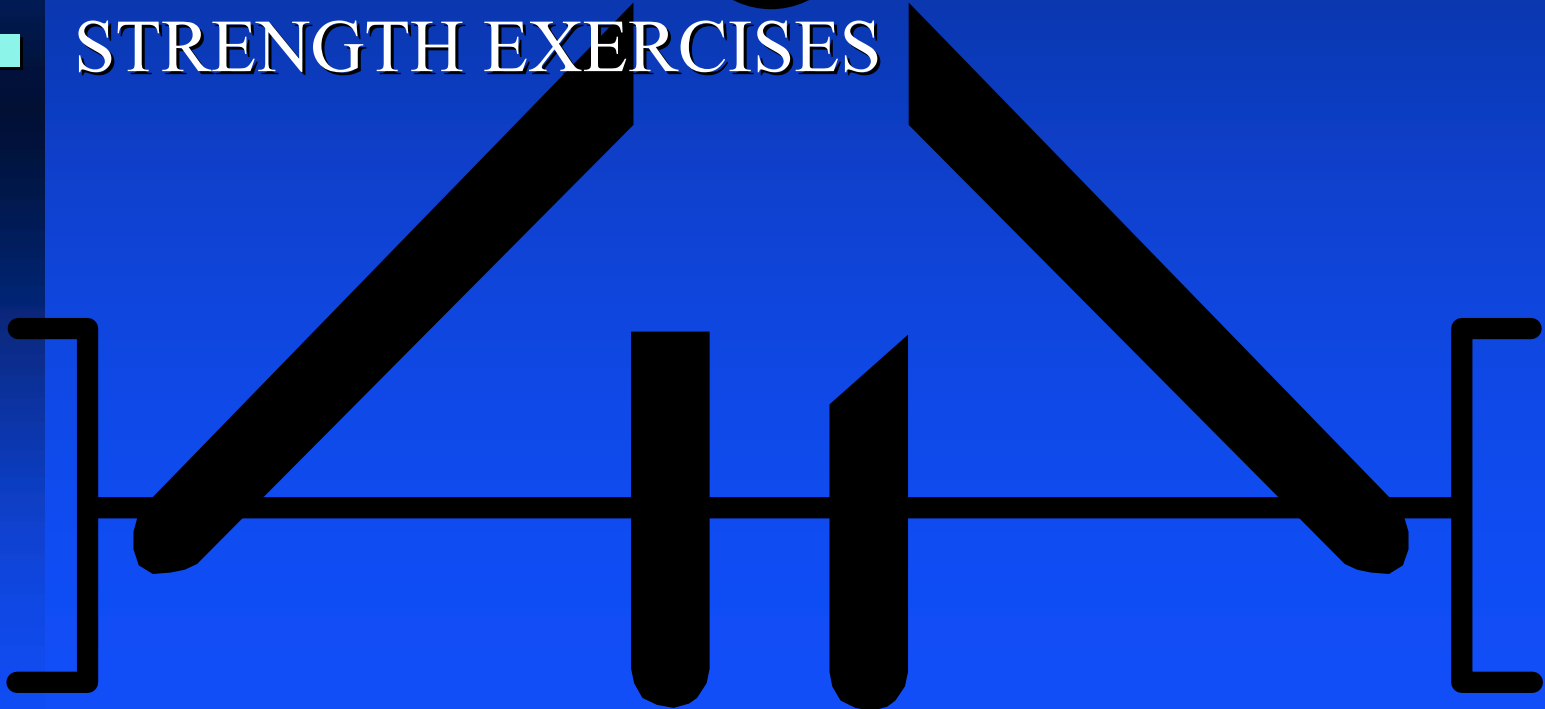
# ***RUNNING***

- LIMITATIONS AND CONCERNS
- RUNNING SURFACE AND SHOES
- ORTHOTICS



# ***STRENGTH TRAINING***

- BONE DENSITY AND MUSCLE MASS
- BEGIN 8-12 REPETITIONS AND INCREASE
- STRENGTH EXERCISES



# *NUTRITIONAL TRAINING*

- CARBOHYDRATES
- VEGETABLES
- FRUITS
- PROTEINS
- VITAMINS



# *COUNTER ATTACK*



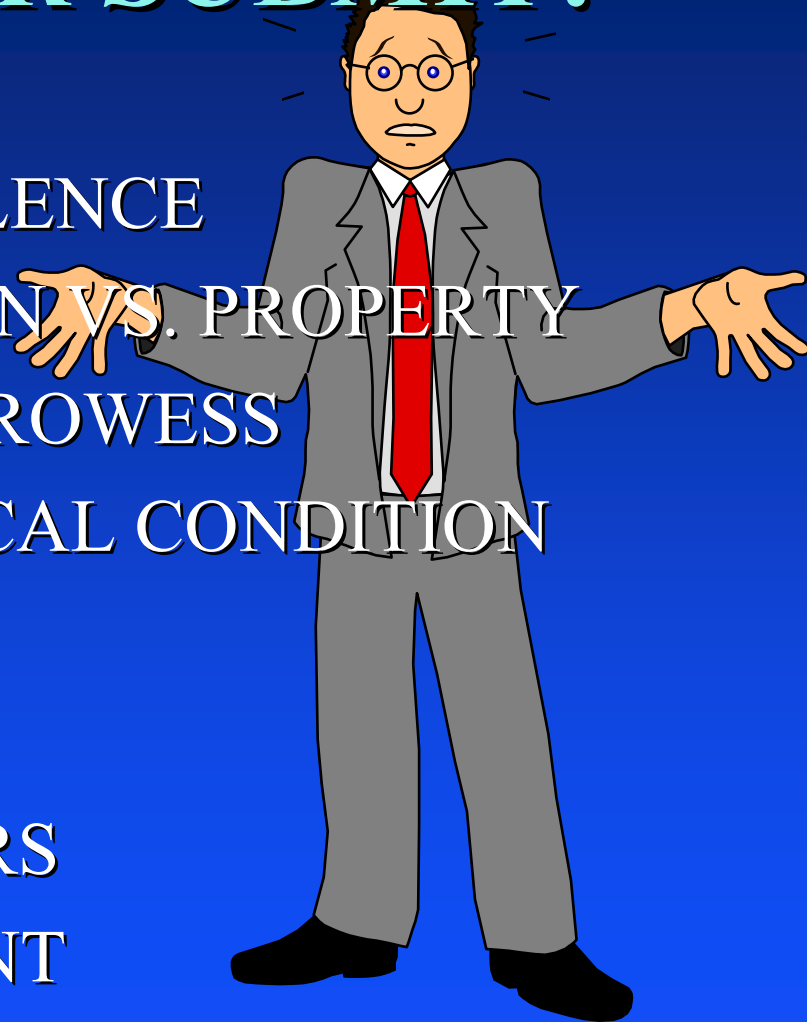
PREVENTION VS. SELF DEFENSE

PRIORITY:

STAY ALIVE AND ESCAPE

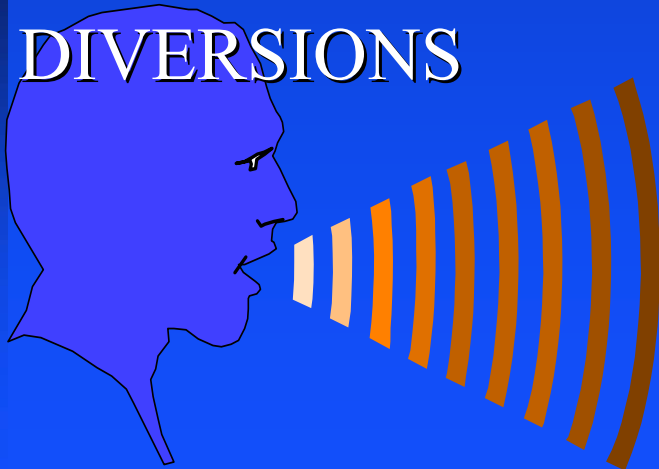
# ***RUN, FIGHT, OR SUBMIT?***

- ATTITUDE ABOUT VIOLENCE
- TYPE OF CRIME PERSON VS. PROPERTY
- YOUR SELF DEFENSE PROWESS
- YOUR AGE AND PHYSICAL CONDITION
- YOUR LOCATION
- WEAPONS USED
- NUMBER OF ATTACKERS
- EDUCATED ASSESSMENT
- IMMEDIATE VS. DELAYED ACTION



# *RESISTANCE ALTERNATIVES*

- PHYSICAL
- VERBAL
- PLOY
- WEAPON
- NOISE SCREAMING
- DIVERSIONS



# *THE WARRIOR SPIRIT*

- FEROCIOUS DETERMINATION
- SELF DEFENSE DRILLS
- REALISTIC TRAINING CONDITIONS
  - ◆ TERRAIN AND CLOTHING



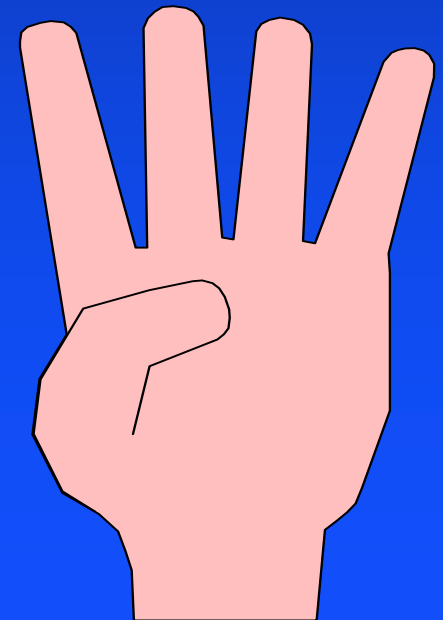
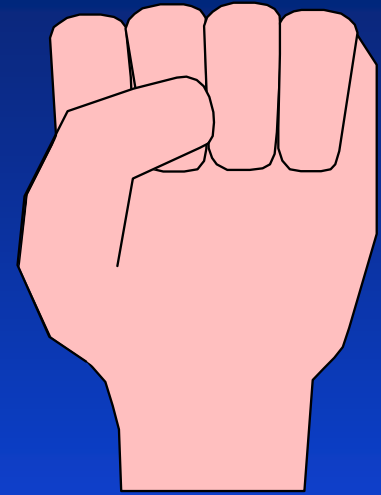
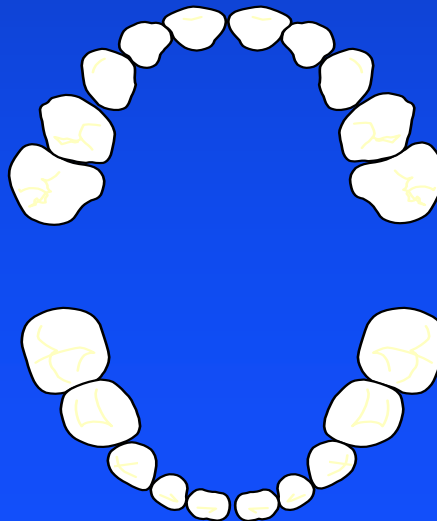
# *CLOTHING AND WRIST GRABS*

- BREAK THE HOLD
- COUNTERATTACK



# *SURVIVAL MANEUVERS*

- YOUR NATURAL WEAPONS
- VULNERABLE POINTS



# *ATTACK SCENARIOS*

- CHOKE FROM BEHIND
- BEAR HUG FROM BEHIND
- BEAR HUG FROM BEHIND BELOW THE ARM
- ATTACK FROM THE SIDE (VICTIM SITTING)
- TWO HAND CHOKE FROM THE FRONT



# *ATTACK SCENARIOS*

- WRIST GRAB FROM THE FRONT
- TWO HANDED WRIST GRAB FROM THE FRONT
- COUNTER ATTACK FROM THE FLOOR
- ONE PUNCH ATTACK
- MULTIPLE PUNCH ATTACK



**CONFIDENTIAL**

***VICTIM REACTION  
AND SERVICES***

POST TRAUMATIC STRESS  
DISORDER

VARIED AND DELAYED REACTIONS

IMMEDIATE CRISIS COUNSELING

SERVICE RESOURCES

# *CRISIS INTERVENTION*

- GOALS
- CRITICAL ISSUES
  - ◆ SAFETY
  - ◆ EMOTIONS
  - ◆ SUPPORT
- MEDICAL SERVICES
- LEGAL ACTIONS
- PERSONAL SUPPORT SYSTEMS



# ***THERAPEUTIC APPROACHES/RECOVERY***

- SELF HELP
- BRIEF PSYCHOTHERAPY
- LONG-TERM PSYCHOTHERAPY
- INDIVIDUAL THERAPY
- GROUP THERAPY
- FAMILY THERAPY
- SUPPORT GROUPS
- HOSPITALIZATION

