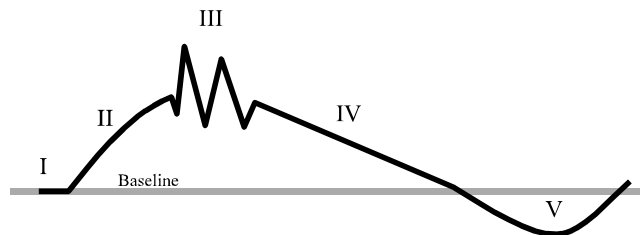


PART - The Assault Cycle

The Assault Cycle is divided into five separate, distinct and observable phases.

- Phase I: The Triggering Event
- Phase II: Escalation
- Phase III: Crisis
- Phase IV: Recovery
- Phase V: Post-crisis Depression



Phase I: The Triggering Event

This phase includes any event that an individual perceives as a serious threat to well-being, regardless of whether others would agree or disagree that a real threat exists. The event may be observable (name calling by another person, a disturbing phone call, loss of a privilege) or not observable (a flashback or memory, a delusion or hallucination, a reaction to medication).

Phase II: Escalation

The person's mind and body prepare to do battle with the cause of the triggering event. The person's muscles become increasingly tense and active; his/her ritual behaviours of combat occupy more and more space in the overall behavioural pattern. Behaviours such as pacing, yelling, banging, throwing objects randomly, kicking walls, drumming fingers, etc., are frequently observed.

Phase III: Crisis

The behavioural pattern explodes into one or more physical assaults on the perceived source of the threat. The individual will threaten injury, hit, kick, throw objects at people, etc. An individual cannot sustain this level of energy forever.

Phase IV: Recovery

With the battle over, the muscles become progressively more relaxed and ritual combat behaviours become less frequent, as the mind and body seeks the stability of baseline. It is important to note, however, that the individual is not yet at baseline and is vulnerable to re-escalation.

Phase V: Post-Crisis Depression

The level of exertion required during the crisis phase now takes its toll. The physical and emotional symptoms of fatigue and/or depression dominate the behavioural pattern. Observable behaviours frequently include crying, hiding, sleeping, curling up in a fetal position or self-blame.

Can you think of someone who became assaultive? **Do not use real names for confidentiality purposes.** Can you describe the triggering event(s) for that incident? Can you describe the behaviours that you observed during the:

- escalation?
- crisis?
- recovery?
- post-crisis depression?

source: *Professional Assault Response Training (PART) program*®

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!