

# Raise Shields

## Ukeru Training

Aug. 5 - Initial Certification **OR** Aug. 8 - Re-Certification

**Presented by: Kristin Sigurdson**

Join us for a training on Ukeru, a trauma-informed approach to restraint-free de-escalation and crisis management.

This training will equip school staff with practical tools and techniques to support students in distress, focusing on creating a calm, compassionate environment, and avoiding the use of restraint.

Whether you're working with students who have experienced trauma, looking to strengthen your conflict-resolution skills, or looking for another tool in your toolbox to avoid restraints but still safely manage behaviors, this session will help you feel confident and prepared when supporting students in moments of crisis.

**Register Here**



**Participants who complete all the components will leave the training certified in Ukeru.**

Attendees should wear comfortable athletic style clothing and tennis style shoes (no sandals, heels, or open toed or open backed shoes) to allow users to be comfortable and safe. While attendees will not be engaging in restraints, there will be moving and physical components.

