



# Managing Aggressive Behaviour in Care Settings: Understanding and Applying Low Arousal Approaches

*Andrew A. McDonnell*

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A practical guide for health professionals and trainers, offering evidence-based low arousal approaches to defusing and managing aggressive behaviours in a variety of health care settings.

- Provides both an academic background and practical advice on how to manage and minimize confrontation
- Illustrates low arousal approaches and offers clear advice on physical restraint and the reduction of these methods
- Describes the evidence base for recommended approaches
- Includes a wide range of valuable case examples from a variety of care settings



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