

## CPI/MOAB® A COMPARISON

By Evelyn Meserve, Dir Safety & Security Newton Wellesley Hospital, Newton, MA

### CPI

1. Begins the program with a brief history and moves directly into the 4 levels of behavior.
  
2. Discusses personal space and supportive stance without a great deal of depth.
  
3. Groups eyes, body gestures, etc. into one category called body language.
  
4. Details anxiety well – Providing how to recognize, what triggers and how to manage.
  
5. Focuses on emphatic listening.
  
6. Discusses verbal aggression and how to manage it.

### MOAB

1. Begins the program with a brief history Then moves current statistics and purpose of program to provide the student with a better initial understanding.
  - A. Prepares the student for behavior changes and how to identify them before discussing stages.
  
2. Provides detailed segment on personal space including intimate, personal, social and public. The basis of understanding is built and the discussion moves on to supportive stance. Details are given as to different levels of “comfort” and to personal space surrounding you.
  - A. Provides details of reaction time. explains the perceptual, cognitive and motor response times and how they affect your reaction.
  
3. Breaks out eyes and discusses the proper use of how to observe and how to interpret the aggressor’s eyes.
  
4. Details anxiety well – Providing how to Recognize, what triggers and how to manage.
  
5. Discusses the 5 levels of listening as well as emphatic listening.
  - A. Discusses mind and body stress feedback loop during the fear and panic segment.
  
6. Discusses verbal aggression and how to manage it.

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7. Discusses physical aggression as an after affect of verbal aggression.
  
8. Discusses grabs and strikes including how to defend when they occur.
  
9. Shows techniques to be used if attacked by an aggressor without techniques to stop the aggressor if necessary.
  
10. Control techniques are limited and utilize One method.
  
11. Control techniques work better with a team.

### MOAB

7. Explains how to recognize the physical Threat.
  - A. Shows how to utilize defensive verbal communications, how to use physiological diversions, how to recognize signs of submission and how to redirect activity.
  - B. Discusses different cornering techniques and their values and disadvantages.
  - C. Teaches the benefits of mental conditioning.
  
8. Discusses holds and strikes as well as static and dynamic assaults.
  - A. Explains use of force
  - B. Identifies personal defense weapons.
  - C. Focuses on proper positioning of the body, proper movement and principle of center.
  
9. Explains effective communications, body movement and positioning, and how to stop the aggressor.
  - A. Shows how to defend against weapons (guns and knives) as well as personal weapons.
  - B. Explains how to defend against multiple aggressors and moving aggressors.
  
10. Control techniques offer options.
  
11. Techniques work well with one person as well as a team.

CPI/MOAB®  
A COMPARISON  
by Roland Oulette

Overview of MOAB® Topics not Addressed by CPI

DAY ONE

Managing your fear and panic  
The mind body stress loop  
Predicting imminent assault  
Physiological diversions  
Approaching seated and prone persons  
5 Cornering mistakes  
Confronting multiple aggressors

DAY TWO

Principles of balance, movement and center  
Directing people to prone position (3 methods) 1 person  
Single escort  
Controlling in the prone position, 1 and 2 person(s)  
Separating 2 violent aggressors  
Escorting from chairs  
Personal defense weapons  
Rear hold defense options  
Armed threat response options  
Rear weapon hostage response options  
Edged weapon response options  
Floor/Ground defense response options  
Thrown objects response options  
Defense from dynamic attacks  
Use of force report writing