

Curriculum Vitae



Dr Eric Baskind

DProf, LLM, LL.B (Hons), MCIArb, FRSA, FHEA, MEViPRG, MENTMA, 8thDan Black Belt BJJAGB

Curriculum Vitae

1. I am Dr Eric Baskind, *DProf, LLM, LL.B (Hons), MCIArb, FRSA, FHEA, MEViPRG, MENTMA, 8th Dan Black Belt BJJAGB*. My areas of expertise fall into two different but related areas:
 - (a) physical interventions; restraints; prevention and management of violence and aggression; self defence
 - (b) martial arts
2. I am a consultant in violence reduction, the use of force, physical interventions, restraints, management of violence and martial arts systems. I am Chair of the British Self Defence Governing Body and Chair of the SWC Experts Group, a network of leading experts and practitioners in the prevention and management of violence and aggression and related disciplines. I am a member (formerly Chair) of the Physical Intervention Skills Expert Panel of the Security Industry Authority; Independent Expert Advisor to the High Secure Services Violence Reduction Manual Steering Group from 2014-2021; a member of the College of Policing Mental Health Restraint Expert Reference Group and a member of the College of Policing Guideline Committee Steering Group from 2015-2024; a reviewer of use-of-force methods across the Scottish prison estate; a member of the ProtectED Advisory Board; and an expert advisor to the British Ju-Jitsu Association Governing Body. I am a Member of the European Violence in Psychiatry Research Group and a Member of European Network for Training in the Management of Aggression. I was Senior Lecturer in Law at Liverpool John Moores University from 2000-2022 and co-programme lead for the MSc in 'Enhancing the Safety and Wellbeing of Persons in Care and Custody', at Queen Mary, University of London, from 2001-2024. I am now Visiting Research Fellow at Oxford Brookes University.
3. I am instructed in civil cases by solicitors acting for Claimants and Defendants and as a Single Joint Expert. I am also instructed in criminal cases by both Prosecution and Defence. I have been instructed in more than 3,000 cases both in the UK and in other jurisdictions and have given oral evidence in many of these cases. I have experience of dealing with cases involving deaths in custody and giving evidence at Inquests and Fatal Accident Inquiries.
4. I am listed in various directories as an expert witness, including the UK Register of Expert Witnesses, and as a First-Tier expert by the Association of Personal Injury Lawyers.

5. I hold a number of relevant qualifications including a Professional Doctorate (DProf) in 'Policing, Security and Criminal Justice' and an Advanced Award in 'Risk Management and Assessment', both with a specific focus on preventing and managing violence and aggression.

physical interventions; restraints; prevention and management of violence, aggression and disruptive behaviour; self defence

6. I am Chairman and Director of Training and Examiners at the Centre for Physical Interventions at the British Self Defence Governing Body ("BSDGB"). I was one of the founding directors of the BSDGB when it was set up in 1992. Before we were permitted to incorporate the BSDGB, we had to establish, in accordance with Statutory Instrument 1685 (Company and Business Names Regulations 1981), that it was to be the pre-eminent organisation for the teaching of conflict management, physical intervention and self defence in Great Britain. The BSDGB is a non-profit-making organisation.
7. I am the author of *Defend Yourself: the Complete Guide to Personal Safety; Self Defence and Security at Home* which was published by Pelham Books, London, in 1993. *Defend Yourself* was adopted as the formal textbook of the BSDGB as well as by some other training organisations. I have more than 40 years' experience in physical intervention, self defence and martial arts systems and, during this time, I have studied a large number of different systems. In *Defend Yourself* I have covered twenty-seven such systems, many of which being previously unheard of in this country. I have appeared, on a number of occasions, on television and radio to discuss various aspects of conflict management, physical intervention and self defence as well as martial arts.
8. I am the author of a chapter on restraint in the second edition of *Prevention and Management of Violence: Guidance for Mental Healthcare Professionals* (Royal College of Psychiatrists, 2022), I am co-author of a chapter on Coercive Measures in the *Management of Imminent Violence: Restraint, Seclusion, and Enhanced Observation in Violence in Mental Health Settings: Causes, Consequences, Management* originally published in December 2006 by Springer-Verlag, New York and updated in 2022.
9. I designed and wrote one of the first qualifications in the prevention and management of violence and aggression to be externally accredited and included in the list of qualifications funded by the (then) Further Education Funding Council. These qualifications included two separate qualifications in police physical-intervention training, one of which is for police instructors. I am currently engaged as an adviser to a number of national awarding bodies,

including Pearson/Edexcel and Open College Network, in relation to their physical intervention qualifications. The BSDGB is an authorised supplier to many organisations including the Home Office in relation to its qualifications for self-defence and physical restraint trainers.

10. I am also experienced in the Control and Restraint ("C&R"), Use of Force, Defensive Tactics and physical intervention systems used by the Prison and Police Services, NHS and secure hospital establishments,¹ Secure Units and Children's & Young Person's Units and Schools, as well as those methods used by other security personnel within the fields of personal safety and public order.
11. I am research active. My research is concerned with the evaluation of the many different systems of physical interventions, C&R, Defensive Tactics, personal safety and conflict management used in particular by the Police, Prison Service, NHS, Secure Hospitals and other institutional settings providing secure accommodation as well as those used in schools and other kinds of educational establishments. My main research interests are in addressing effective and safe methods of dealing with violent, aggressive and recalcitrant behaviour and the different methods used by the various organisations and in particular devising and advising on methods of non-pain-inducing physical interventions and restraints. More broadly, I am interested in different strategies and initiatives aimed at reducing violence and aggression especially in the workplace where staff are employed to care for or supervise individuals with a known propensity for violent or aggressive behaviour.
12. I am also interested in the related question of risk assessments designed to identify and inform subsequent strategies for the reduction of and coping with violence and aggression and in the reduction in the use of physical interventions and restraints generally.
13. I have advised numerous bodies in relation to the safe use of force and physical interventions/restraints and have been instructed as an expert witness both in the UK and in other countries in more than 3,000 cases including by the Ministry of Justice/Home Office, Prison Officers' Association, Police Federation and Scottish Prison Service in a range of cases where issues of physical intervention/restraint have arisen both in training and in practice.
14. In May 2013 I was appointed by the Security Industry Authority ("SIA") to advise them in relation to the appropriate range of physical restraints and physical intervention skills that

¹ where C&R is often referred to as "care and responsibility", "care and restraint" and "control and responsibility"

should be included as part of their mandatory qualification-linked licensing scheme and chaired an SIA Physical Intervention Skills Panel on physical interventions and related disciplines. I was approached by the SIA following a number of restraint-related deaths by licensed security staff which led to the issuing of a number of Coroners' Prevention of Future Death Reports (previously known as Rule 43 Reports) following the various Coroners' concerns as to the risk of further deaths occurring in similar circumstances. As part of my role, I advised the SIA on formulating an approved syllabus of physical restraint techniques to replace the current system whereby each training provider is left to deliver their own training being guided only by a series of generic learning outcomes. The aim of introducing a national syllabus is to ensure best practice, reduce injury, and manage violence and aggression as safely as possible.

15. In August 2014 I was appointed Expert Advisor to the High Secure Services Violence Reduction Manual Steering Group advising on a new training system and training manual to be introduced across the High Secure Hospital estate (Ashworth, Broadmoor, Rampton and Carstairs) on the prevention and management of violence and aggression and the use of physical interventions.
16. In February 2015 I was appointed to the ProtectED Advisory Board. ProtectED reviews the safety, security and well-being of students and assets in further and higher education.
17. In March 2015 I was appointed to the College of Policing Mental Health Restraint Expert Reference Group and led the work relating to the use of physical restraint.
18. In September 2016 I was appointed to the College of Policing Guideline Committee Steering Group.
19. In October 2019, I was engaged by the Scottish Prison Service to carry out a review of use-of-force methods used across the Scottish prison estate.
20. I am also adviser on physical interventions, restraints, self-defence and the management of violence and aggression to the Physical Restraint Instructors' Licensing Authority of the British Ju-Jitsu Association Governing Body. I have also advised numerous other bodies including the BBC, various newspaper groups, the Howard League for Penal Reform, various Inquiries and the Parliamentary Resources Unit in respect of the management of violence and aggression and the use of force and related matters.

21. I was invited to and gave both written and oral evidence to The Lord Carlile of Berriew KC Independent Inquiry into the Use of Physical Restraint etc. in Prisons, Secure Training Centres, and Local Authority Secure Children's Homes, held in the House of Lords, 2006 and 2011.
22. I served as a Commissioner to the National Independent Commission on Enforced Removals with specific responsibility for the management of violence and aggression and the use of restraint. The Commission was chaired by The Lord Ramsbotham, GCB, CBE, and was established in March 2012 following the death under restraint of Mr Jimmy Mubenga during his deportation from the UK in 2010. Prior to this, I was Special Advisor to Sir David Ramsbotham (as he then was) when he was Chief Inspector of Her Majesty's Prisons, advising on the managing of violence, aggression and recalcitrant behaviour across the prison and secure juvenile estates.
23. My work is often cited including being acknowledged in the original police *Unarmed Defensive Tactics* Instructor's Training Manual and more recently in the College of Policing's Conflict Management Using De-escalation, Communication and Negotiation Guidelines (2020). Further, the BSDGB replaced the British Aikido Association as the formal registration body for the police self-defence system of *taiho-jutsu*² which was, from 1975 until 1996, the system of self defence adopted by all police forces throughout England and Wales with the exception of the Metropolitan Police Force. I was the Independent Advisor to Brian Eustace who introduced the original police self-defence system into UK policing and also to Inspector Peter Boatman who succeeded him and introduced a new system, known as "Unarmed Defensive Tactics" across police forces throughout England and Wales.
24. In June 2014, I was presented with a Lifetime Achievement Award in recognition of my work in the prevention and managing of violence and aggression.

martial arts

25. I am a martial arts practitioner, instructor, referee and examiner. I have studied a number of different martial arts systems over the past 40 years. As noted above, in my book *Defend Yourself*, I have covered twenty-seven different martial arts systems, many of which being previously unheard of in this country.

² literally, "techniques of arrest". Its techniques are derived mainly from judo and aikido

26. I was first promoted to Black Belt by the British Judo Association ("BJA")³ in 1974. Since then I have gained a number of other qualifications including 8th Dan Black Belt from the British Ju-Jitsu Association Governing Body ("BJJAGB").⁴ I am also engaged as an expert adviser to the BJJAGB advising on matters relating to governance, duty, discipline, safety and risk management.
27. I was appointed an Examiner of the BJA in 1980; an International Referee of the Amateur Judo Association in 1984; and a Senior Referee of the BJA in 1985. I was appointed Chief Referee to the Bushido Judo Association in 1982 and Director of Referees and Examiners in 1986. I have taught, refereed and competed both in the UK and abroad.
28. During my competition career, I won several titles both in the UK and abroad. The highlight of my competition career was winning the gold medal in the 10-Nation International Championships held in Stuttgart in 1979.

Conference papers

29. I present frequently at conferences relating to the prevention and management of violence and aggression and the use of physical restraint. My papers focus on a range of related topics including violence-reduction strategies, the use and misuse of physical restraint and the current thinking on the use of non-pain inducing techniques and prone-restraint positions. Details of the latest conferences I have (or will be) presenting at are noted below. Many of these conferences I chair.
 - *Physical Restraint in a Caring Environment*, Worcester, 23 April 2026.
 - *The Use of Force: A Necessary Evil? Healthcare Conferences UK. London. 30 January 2026.*
 - *Predicting and Managing Violence & Aggression: Trends and Opportunities for Improvement. London. 26 September 2025.*
 - *The use of coercive and restrictive interventions to provide nutrition to people with eating disorders or disordered eating, PMVA Associates, Bedford, 7 May 2025.*

³ the BJA is the governing body for judo in the UK

⁴ the BJJAGB is the governing body for ju-jitsu in the UK

- *CPD Update for Health and Social Care, Healthcare Conferences UK. London. 12 March 2025.*
- *Where now in violence reduction? Healthcare Conferences UK. London 11 October 2024.*
- *Transforming Lives Conference, Worcester, 22 August 2024.*
- *Guidelines and Controversies in Physical Interventions, London, 15 May 2024.*
- *Mental Health, Safety, and Physical Restraint, following Police Refusal to Attend. London, 18 January 2024.*
- *The Safe and Efficient Management of Unruly Airline Passenger Behaviour, DISPAX 2003, Prague.*
- *Safety in physical restraint: why is this so difficult? London, 10 July 2023.*
- *Guidance for Professional Advisors in Healthcare and Justice. Capsticks LLP, 22 March 2023. Leeds.*
- *Challenging Behaviour. Opportunities Missed. 2 February 2023. London.*
- *Minimising Coercive and Restrictive Practices. 11 October 2022. Virtual.*
- *Managing Challenging, Aggressive & Violent Behaviour. Challenges and Opportunities from Cross-Sector Collaboration, 9 June 2022, London.*
- *Reducing and Improving the Use of Restrictive Interventions & Practice: Managing Acute Disturbance, Violence and Aggression. 2 March 2022, Virtual.*
- *Zero Tolerance: Discourse, Rhetoric and Failure revisited. 5 November 2021, London.*
- *Restraint and Safety: an international perspective and some cautionary tales. SWC International Conference, 17 June 2021, Virtual.*
- *Controversies in Physical Restraint. It doesn't need to be like this. Healthcare Conferences UK, 24 February 2021, Virtual.*
- *Reducing and improving the use of Restrictive Interventions & Practice: Managing Acute Disturbance, Violence and Aggression, Healthcare Conferences UK, 16 November 2020, Virtual.*

- “*Restrictive Interventions Masterclass*”, Healthcare Conferences UK, 21 September 2020, London.
- “*The Use of Restrictive Interventions in Covid Times*”, Healthcare Conferences UK, 3 July 2020, London.
- “*The Coronavirus Act 2020 and the Use of Force*” Infomed Research, 9 June 2020, Webinar.
- “*Reducing and Improving the Use of Restrictive Interventions & Practice*”, Healthcare Conferences UK, 16 March 2020, London.
- “*The PMVA Masterclass*”, 31 January 2020, London.
- “*Managing Violence and Aggression. Safety, best practice and controversies*”, Healthcare Conferences UK, 4 November 2019, London.
- “*Reducing and Improving the Use of Restrictive Interventions & Practice*”, Healthcare Conferences UK, 14 June 2019, London.
- “*Restrictive Interventions and Practice*”, Healthcare Conferences UK, 4 February 2019, London.
- “*Ensuring Adherence to the 2017 National Quality Standard for Violence and Aggression*”, Healthcare Conferences UK, 18 April 2018, London.
- *NFPS Annual Use of Force Conference*, 21 March 2018, Lilleshall.
- “*Violence and aggression: short-term management of violent and physically threatening behaviour among adults, children and young people with a mental health problem*”, Healthcare Conference UK, 13 November 2017, London.
- “*Examining, Reviewing and Updating Practice in Restraint*”, The General Services Association, 11th Annual Conference, 18 September 2017, Newcastle.
- “*Policies, Techniques and Controversies*”, 2017 Annual Use of Force Conference, Liverpool John Moores University, 22 June 2017, Liverpool.
- Reducing Restrictive Interventions, Healthcare UK, 3 February 2017, London
- Restraint Conference, No.5 Chambers, 24 January 2017, Irwin Mitchell, Bristol.
- “*Safeguarding Vulnerable Persons in Custody: Minimising the Risk of Death in Detention*”, Public Policy Exchange, 12 October 2016, London.

- “*Corporate and Personal Liability: Where the Offence is - Let the Great Axe Fall*”, 2016 Annual Use of Force Conference, Liverpool John Moores University, 30 June 2016, Liverpool.
- “*A Practical Guide to Positive & Proactive Care: Reducing the Need for Physical Interventions*”, 19 April 2016, London
- “*Preventing and Managing Violence and Aggression from Patients, Developing an Effective Violence Prevention Strategy*”, ModernGov, 10 December 2015, London.
- “*Violence and aggression: short-term management in mental health, health and community settings: Implementing the New NICE Guideline*”, 27 November 2015, London.
- “*Positive and Proactive Care, NICE NG10 and all that*”, Physical Intervention Network (Midlands), 25 November 2015, Stafford.
- “*Meeting the New National Guidance on Reducing Seclusion*”, 20 October 2015. London.
- “*Implementing the National Objective to end Prone/Face Down Restraint: Examining Restraint Positions in Practice, 18 months on*”, 22 September 2015, London.
- “*Themes in Physical Restraint*”, 20th Annual Conference of the National Association of Psychiatric Intensive Care Units (NAPICU), 10-11 September 2015, University of Warwick.
- “*What can the UK teach us about managing violence and aggression?*”, Landspitali, National University Hospital of Iceland, 3 – 5 September 2015, Reykjavik, Iceland.
- “*Dealing with violence and aggression in a fast-moving world – what have the past 5 years taught us?*”, NFPS National Conference, 9 July 2015, London.
- “*Policing and mental health: restraint, law, guidance and best practice. Why is there so much confusion and contradiction?*” 20 May 2015, Liverpool.
- “*Implementing the new guidance on restrictive practices*”, 12 May 2015, London.
- “*Implementing the National Objective to end Prone/Face Down Restraint: Examining Restraint Positions in Practice*”, 21 April 2015, London.
- “*Positive and Proactive Care - Meeting the New National Guidance on Reducing Seclusion*”, 10 March 2015, London.
- “*A Practical Guide to Positive and Proactive Care Reducing the need for restrictive interventions*”, 3 February 2015, Birmingham.
- “*Making Positive and Safe a Reality*”, Physical Intervention Network (Midlands), 18 December 2014, Stafford.

- “*Policy, Restraint Practice and the Law*”, European Network for Training in the Management of Aggression, 20-21 November 2014, Dublin, Ireland.
- “*Helping the IMBs to identify good and poor practice*”, Independent Monitoring Board Immigration & Detention Estate Study Day, 7-8 November 2014, Croydon.
- “*Positive and Proactive Care: Reducing the need for restrictive interventions*”, 23 October 2014 London.
- “*Improving Mental Health Crisis Care*”, Restraints and Care, 17 October 2014, London.
- “*Improving Restraint Practice – a ban on face-down restraint*”, Improving Mental Health Crisis Care conference, 8 July 2014, Birmingham.
- “*Safe Care Conference*” organised by the South Essex Partnership University NHS Foundation Trust, 27 June 2014, London.
- “*Law and Practice on the Use of Physical Restraint*”, Lilleshall National Sports & Conference Centre, 26 June 2014, Lilleshall.
- “*The use and misuse of physical restraint – some very recent developments and concerns*”, European Violence in Psychiatry Research Group annual conference, 8 May 2014, Liverpool.
- “*Positive & Proactive Care: reducing the need for restrictive interventions*”, 18 April 2014, London.
- “*Improving Mental Health Crisis Care*”, 25 March 2014, London.
- “*Control & Restraint conference, Legal Use and Implementation in Practice to Improve Service User Experience*”, 19 March 2014, Birmingham.
- “*Is Prone Restraint dangerous?*” 9 January 2014, London.
- “*Pain-compliance restraints - a necessity or an abusive evil?*” 18 December 2013, London.
- “*A Practical Guide to Managing Control & Restraint: Meeting the National Quality Standard*”, 27 November 2013, London.
- “*Preventing Deaths in Police Custody*”, Public Policy Exchange, 21 November 2013, London.
- “*The Future of Physical Interventions*”, 27 October 2013, Lilleshall.