



*The benchmark in  
positive approaches to  
behaviour support*

# Positive Approaches to Challenging Behaviour

## Course at a glance

Course level	Intermediate
Physical Intervention	Physical Intervention and Breakaway techniques
Course duration	2 Days (9:00 am – 4:30 pm) (with option to extend to 3 or 4 days)
Accreditation status	BILD – Physical Intervention Accreditation Scheme
Validation period	1 year (annual refresher required)
Course requirements	No prior learning required
Delivery type	Open or closed
Cost	Open course: £90 + VAT per person per day Closed course: £850 + VAT per day, maximum 15 delegates Consecutive 3 <sup>rd</sup> and 4 <sup>th</sup> days charged at £805 + VAT
Venue	Closed course: Commissioning organisation to provide Open course: PRICE Training to provide

### Who are these courses aimed at?

Our **Positive Approaches to Challenging Behaviour** (2, 3 or 4 Day) courses are tailored to settings which support adults with mental health difficulties and/or learning disabilities, including residential, day care and supported living centres. This range of courses is aimed at personnel who work with people whom for a variety of reasons, present challenging behaviour.

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## Learning Outcomes

### Upon course completion, participants shall:

- Be able to identify and make consistent responses to challenging behaviours presented by people being supported.
- Develop an awareness of the needs of people being supported and reasons for behaviour both prior to, and during episodes of behaviour escalation.
- To understand and apply the concept of positive behaviour support.
- Understand the functions of behaviour.
- Understand personal responses to situations involving conflict, aggression and violence.
- Develop a range of de-escalation and defusion techniques appropriate to context.
- Develop an awareness of the importance of promoting the dignity, choice and inclusion of people being supported through individualised behaviour planning.
- Be familiar with current legislation and procedural frameworks.
- Recognise the importance of promoting a consistent team work approach in responding to the needs of people being supported.
- Have an awareness of gender and cultural issues in relation to developing individual behaviour support plans.
- Have explored the risks surrounding and associated with Restrictive Physical Intervention.
- Be skilled and competent in an appropriate range of non-restrictive, low arousal techniques, a range of breakaway techniques and more restrictive 1 and 2 person holds.
- Develop an understanding of the importance of Reducing Restrictive Practices.
- Have skills and strategies for restoring the environment post-incident.

## Knowledge

### Participants will develop a knowledge base from the following topics:

- Value and Ethics
- Understanding Behaviour
- Positive Behaviour Support
- Stages of an Incident (Cycle of Arousal)
- Legal Framework
- Risks Related to Physical Intervention

## Skills

### Participants will learn a range of skills from the following topics:

- Primary Prevention
- Secondary prevention
- Reactive Strategies (Physical Intervention)
- Functional Analysis
- Restoring the Environment
- Reducing Restrictive Practices

To obtain more detailed information about the above courses, please contact

[priceadmin@signisgroup.com](mailto:priceadmin@signisgroup.com)

or telephone 01568 619390

Or go online at [www.pricetraining.co.uk](http://www.pricetraining.co.uk)