



*The benchmark in
positive approaches to
behaviour support*

Defusion and De-escalation

Course at a glance

Course level	Introductory
Physical Intervention	Breakaway techniques
Course duration	1 or 2 Days
Accreditation status	BILD – Physical Intervention Accreditation Scheme
Validation period	1 year (annual refresher recommended)
Course requirements	No prior learning required
Delivery type	Open or closed
Cost – 1 day course	Open course: £70 + VAT per person Closed course: £850 + VAT per day, maximum 25 delegates
Cost – 2 day course	Open course: £90 + VAT per person per day Closed course: £850 + VAT per day, maximum 15 delegates
Venue	Closed course: Commissioning organisation to provide Open course: PRICE Training to provide

Who are these courses aimed at?

Our 1 and 2 day **Defusion and De-escalation** courses are tailored to both settings which support adults with mental health difficulties and/or learning disabilities and children and young people who for a variety of reasons present challenging behaviour. This course is appropriate for residential, day care, supported living centres, educational and health settings.

The 1 day course primarily focuses on the theory around Defusion and De-escalation providing participants with a sound understanding of ways in which to support those presenting challenging behaviour, including an awareness of the effective use of space, proximity and touch.

The 2 day course includes the theory covered in our 1 day course and also equips staff with Breakaway techniques for low level responses to support those presenting 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.
- Have an understanding of primary and secondary prevention strategies.
- 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.
- 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.
- To understand and apply the concept of Positive Behaviour Support, recognising the way in which this can be used to deliver effective person-centred support for people whose behaviour challenges.
- Recognise how person-centred support can enable a high quality of life for all concerned.
- To understand the importance of post-incident support.
- On a 2 day course, become skilled and competent in a range of breakaway techniques.

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 obligations in relation to Duty of Care

Skills

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

- Primary Prevention
- Secondary prevention
- Reactive Strategies (2 day course only)
- Introduction to Functional Analysis
- Post Incident Support

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

priceadmin@signisgroup.com

or telephone 01568 619390

Or go online at www.pricetraining.co.uk