

# **Positive Approaches to Challenging or Difficult Behaviour**

A one day course

The programme explores not only some of the theory behind why people act the way they do – it will also provide you with an alternative framework for thinking about what we often call difficult or challenging behaviour, when working specifically with people with learning disabilities. At the end of the course, it is hoped that you will not only have increased your knowledge, but will also feel more confident about working safely with people with challenging or difficult behaviour.

## **WHO IS THIS COURSE FOR?**

The course is aimed at anyone who works with people with learning difficulties, who might at some time show challenging or difficult behaviour

## **WHAT THE COURSE COVERS**

- Defining challenging behaviour
- What are the causes of challenging or difficult behaviour?
- Why some of the people we work with might exhibit challenging behaviour
- Some of the functions of challenging behaviour
- Environmental and other factors that impact on behaviour
- The role of communication and active listening
- How positive and effective support can reduce both the frequency and impact of behaviour that is challenging
- The cycle of emotional arousal
- How challenging behaviour affects the individual, their peer group and the staff working with them
- The need for clear communication and a consistent approach when working with difficult or challenging behaviour
- Identifying strategies for working with challenging or difficult behaviour
- Who to talk to for a de-briefing after a difficult or challenging behaviour incident

**Timetable** (may be subject to amendment)

**Session 1** Introductions, what's the course about, ground rules  
Challenging Behaviour quiz  
Issues and definitions  
The 5 stages of emotional arousal

**Session 2** Learning check  
Causes of challenging behaviour  
Challenging behaviour and Duty of Care  
Recording and accountability  
The effect of challenging behaviour  
Individual and team consistency  
Communication

**Session 3** Risk assessment  
Trauma and attachment theory  
Autism and challenging  
Positive behavioural management techniques

**Session 4** Dealing with difficult behaviour  
Changing work practice  
Learning check

All activities are based on and relate directly to the Skills for Care Knowledge Set **“Supporting people positively with their behaviour”**.