

FREE Challenging Behaviour Workshops



making a difference
to the lives of people with
severe learning disabilities

These workshops give participants basic skills in functional assessment, reactive/proactive strategies and behaviour support plans. The workshops can be run for professionals and/or family carers; they can have the workshops separately or combined as shown in the format diagram overleaf. The content is the same for any group but activities and discussions are group-led so may differ between workshops.

The approach is person-centred, non-aversive and reflects families' perspectives. The style is interactive and informal - participation is encouraged through discussions and activities in small/whole groups.

Understanding Challenging Behaviour and Supporting Behaviour Change form a two part workshop set about Positive Behaviour Support.

1st Session - Understanding Challenging Behaviour includes:

- What is challenging behaviour
- The impact of challenging behaviour
- Why do people challenge
- Context and environment
- Purposes (functions) of behaviour
- Reinforcement
- Setting events and triggers
- Sensory issues in autism
- ABC recording chart
- A story of success
- How to look after yourself

2nd Session - Supporting Behaviour Change includes:

- Why do people challenge (recap)
- Reasons and purpose (recap)
- Arousal curve
- Positive behaviour support
- Proactive and reactive strategies
- How to prevent challenging behaviour
- How to stop behaviour escalating
- How to manage in a crisis
- What to do after an incident
- Individual planning and behaviour support plans
- Working in partnership

Note: It is important that all participants attend both of the above workshops: to attend Supporting Behaviour Change, participants must have completed Understanding Challenging Behaviour first.

Please contact Dawn Rooke for further information and dates of future courses.

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DATES/DAYS FOR FREE FAMILY TRAINING 2017/2018

BOTH SESSIONS 10.30 - 2.30 - BRING YOUR OWN LUNCH

VENUE (DISTRICT)	1 ST SESSION	2 ND SESSION	POSSIBLE VENUE
FOREST	APRIL 27 TH Thursday	MAY 18 TH Thursday	Main Place - Old Station Way, Coleford. GL168RH Tel: 01594 836469
CHELTENHAM	JUNE 8 TH Thursday	JULY 6 TH Thursday	Hester's Way Neighbourhood Project - Community Centre, Cheltenham. GL51 7SU. Tel: 01242 521319
GLOUCESTER	SEPT 19 TH Tuesday	OCT 16 TH Monday	CARERS GLOUCESTERSHIRE- 2nd Floor, Gloucester. GL1 1HX. Tel: 01452 386283
STROUD	NOV 9 th Thursday	Dec 4 th Monday	Stonehouse Community Centre Laburnum Walk, Stonehouse. GL10 2NS
TEWKESBURY	JAN 24 TH Wednesday	FEB 22 ND Thursday	ALDERMAN knight school Ashchurch Road, Tewkesbury, Glos. GL20 8JJ
GLOUCESTER	FEB 28 TH Wednesday	MAR 27 TH Tuesday	CARERS GLOUCESTERSHIRE- 2nd Floor, 35 St Michael's Square, Gloucester. GL1 1HX. Tel: 01452 386283

For further information or to book contact:

Dawn Rooke on 01452 389342 EMAIL DRooke@carersgloucestershire.org.uk