



COURSE OUTLINE

COURSE TITLE: Working with challenging behaviour
LEVEL: 3

COURSE

DURATION: One day

Introduction

The understanding of how to work effectively with children and young people who have challenging behaviour is vital if we are to succeed at 'Safeguarding Children and Protecting Workers'. This course looks at how to manage behaviour and introduces both established and new workers to the basic concepts of safeguarding children and the young people we work with whilst protecting practitioners workers from the risk of injury and potential allegation.

Benefits of Attending

- Being able to understand ourselves better is vital, as what we do or don't do is the most important factor in managing challenging behaviour. This includes managing relationships, communication and understanding the need for pro-active and multidisciplinary strategies.
- Understanding our client's past experiences and how they impact on situations is vital.
- Some knowledge of child development, behaviour cycles, of loss and needs theory and of the nature of conflict

Programme Highlights

- Understanding ourselves
- Understanding the client
- Triggers and underlying factors
- Learning from experience
- Calming things down and managing the environment
- Do's and don'ts of working with young people
- Take a close look at behaviour 'Hot Spots'
- Management strategies and behaviour planning

Who Should Attend

Anyone working with vulnerable children and young people with challenging behaviour

Special Notes

Working with Challenging Behaviour.

Learning outcomes

- To raise learners awareness of practice, responses, communication and team work.
- To give learners some tools for working with challenging behaviour

Introductions. (15 mins)

Session 1. (1 hour) Understanding ourselves

- Understand what we find challenging
- How we respond to stress. Flight, fight or freeze
- Conflict. Responding to difficult behaviour. Confront ignore divert
- Communication and relationships

Coffee. (15 mins)

Session 2. (1 hour) Understanding challenging young people

- Understanding the client and their experiences
- Underlying factors. Loss, needs, fear.
- Triggers and Hot spots
- Pro active working

Lunch (1 hour)

Session 3. (1 hour) Behaviour management planning

- Understanding our task. Management strategies and behaviour plans
- Causes of challenging behaviour
- Managing the environment. Sanctions and consequences
- Some dos and don'ts of working with young people

Coffee (15 mins)

Session 4. (1 hour) Working with challenging behaviour

- Calming techniques
- De-escalation
- Team work. Consistency. Support
- Learning from experience. Staying safe

Any Questions (15 mins)

Close