



**Training & Assessment
in Healthcare Ltd**

Training and Professional Development

Behaviour Support & De-escalation

This half-day short course aims to increase knowledge, skills and understanding mapping to evidence-based research for responding positively to behaviours of concern in a person-centred manner for the individuals we support

COURSE OBJECTIVES

- To gain awareness of a range of ways to improve the quality of life of those individuals who present with behaviours of concern (distress, agitation and aggression towards self or others)
- To be able to respond positively to emotional arousal and gain awareness of potential triggers, flashpoints and trauma informed care.
- To be aware of positive behaviour support techniques.
- To learn de-escalation techniques involving conflict resolution skills, diffusion, and distraction
- To review and discuss advanced communication skills
- To be able to recognise the early warning signs of distress and respond promptly and effectively
- To recognise the importance of maintaining “personal safety” and our own health & well-being
- To identify the correct requirements regarding recording, reporting and documentation following organisational policies and procedures and the importance of risk assessment

COURSE NOTES

- This training session will include group work and discussion
- Teams frequently benefit from our additional course on restrictive practices/interventions to support and embed learning, for further information or in-depth courses on positive behaviour support appropriate for your service specification and learners needs and experiences
- The course will be adapted to suit the specific service provision i.e. mental Health, dementia or learning Disability/Autism. Please speak to our trainers for further information to ensure this course is bespoke for your client group

COURSE INFORMATION

Duration:	Half day
Who should attend:	Nurses, All Care/Support Workers, Managers/Seniors
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

Training and Assessment in Healthcare Ltd, 15 Hurricane Way, Norwich, NR6 6EZ

Tel: 01603 611107 Email: training@tihcuk.com

Website: www.traininginhealthcare.co.uk

Managing Director: Linda Evans RGN. Company Secretary: Howard Evans. V.A.T. registration No: 948 7300 96