



**Loddon**  
Training & Consultancy

*Positively Supporting Individual Development*

## Understanding Behaviour

**Course description** – this course will enable participants to have an increased understanding of behaviours that cause concern (behaviours that challenge) and the reason for these with a view to putting in place supportive strategies to reduce their impact and increase the well-being of the individual and those around them.

**Duration** – one day. (This could also be run as a half-day session).

**Target audience** – this course is designed for those who provide support in circumstances where the behavioural challenges of children or adults has significant impact, or where a service is looking for practical strategies to reduce the instances of behaviours that concern.

**Pre-requisite knowledge and skills** – there is no pre-requisite of prior knowledge required for this course which is practically focussed.

**Assessment method** – there are no formal assessments in this course, but application of learning is informally measured through groupwork, practical activities, quizzes and discussions.

**On completing the course learners will be able to:**

- understand the definition of behaviour and how this links with the communication of unmet needs.
- explore commonly used terminology and recognise that many terms are “value-laden”.
- understand the difference between “challenging” and “restrictive” behaviour and recognise the impact of behaviour on self and others.
- understand that each person’s view of behaviour is influenced by personal belief’s values and attitudes.
- understand a range of functions of behaviour.
- explore how the teaching of “alternative” and “replacement” skills can reduce behaviours of concern.
- understand how intrinsic and extrinsic motivation can be used to enable the teaching of alternative and replacement skills.
- explore the importance of consistency in planning and implementation of strategies.

*For further information please contact us:*

**Telephone: 01256 461273 Email: [enquiries@proact-scipr-uk.com](mailto:enquiries@proact-scipr-uk.com) Website: [www.proact-scipr-uk.com](http://www.proact-scipr-uk.com)**