



Understanding Behaviour

Course Aim: On completion of the Understanding Behaviour course participants will have an increased understanding of behaviours that cause concern (behaviours that challenge) 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.

Course Duration: The course is specifically designed around your requirements. A typical course will therefore range from a short 2.5hr session to either a ½ day or a full day. Please contact us to discuss your needs.

Target Audience: The course is well suited to those who provide support in circumstances where the behavioural challenges of children or adults has significant impact or where a service is looking to understand the philosophy of positive behaviour supports.

This course also offers useful pre-requisite training for the PROACT-SCIPr-UK® Introductory, Foundation and Instructor courses.

Pre-requisite knowledge and skill requirements: There are no specific pre-requisite requirements for this introductory course which is practically focussed.

Key Philosophies:

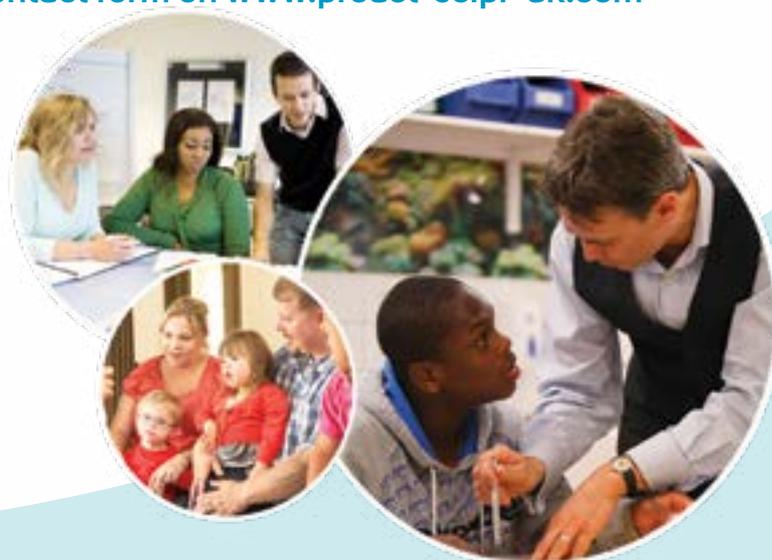
- There is a clear link between behaviour and the communication of (unmet) needs
- Compensatory behaviours are functional skills that are used to ensure safety, predictability, self-control and a regulated sensory input – these may be “challenging” to other staff but serve a clear purpose for the individual
- The long term focus should always be on working out the reason behind the behaviour and addressing this through the teaching of alternative and replacement skills
- Vulnerable individuals require support by reflective practitioners who have a desire to promote positive behaviour by engaging with strategies consistently
- Behaviour Support has a focus on increasing an individual’s quality of life and reducing the restrictions that may be imposed on them through the impact of their own behaviours

Course Objectives/Learning Outcomes :

- Understand the definition of behaviour and how this links with the communication of unmet needs
- To explore commonly used terminology and recognise that many terms are “value-laden”
- To understand the difference between “challenging” and “restrictive” and recognise the impact of behaviour on self and others
- To understand that each person’s view of behaviour is influenced by personal belief’s values and attitudes
- To understand the terms “triggers” and “early warning signs” and apply these to practice
- To recognise the importance of good observation and information sharing when determining planned behavioural responses
- To understand a range of functions of behaviour
- To explore how the teaching of “alternative” and “replacement” skills can reduce behaviours of concern
- To understand how intrinsic and extrinsic motivation can be used to enable the teaching of alternative and replacement skills
- To explore the importance of inconsistency in planning and implementation

The course content should be viewed as general principles and guidance and should not be taken as absolute. The aim is for staff to use the information provided alongside their own belief system and organisation policies and procedures to begin to appreciate the individuals that they work with.

For further information please telephone us or complete the contact form on www.proact-scipr-uk.com



Positively supporting individual development