

D.ESCAL8™

Contact: Des Cooke MSC, BSC, PGDIP, PGCPSE, DIP IT.

Tel: 01633 533210

Email: enquiries@de-escalate.com

Website: <http://de-escalate.com/>

Address: FronRhydwen
Pembrokeshire
SA66 7PT

PI System/ D.ESCAL8™

Geographical Area Covered: Not Geographically limited.

Who Is Training For?:

All roles in health and social care accommodated. Care Staff and Family members.

- Children and adults with learning disabilities
- Children and adults with autistic spectrum conditions
- Pupils with special educational needs
- Children with additional needs that may result in socially inappropriate behaviour(s)
- Children with social and emotional difficulties associated with behaviours that challenge
- Adults with learning disabilities and/or autism who are detained under the mental health legislation
- Children and young people (up to the age of 19) who are detained in semi secure and secure settings or who are detained under the relevant mental health legislation

Families and family carers, including foster carers, those offering short breaks and support to children, young people and adults with learning disabilities, autism and social emotional and behaviour difficulties

Accredited Courses:

Course Code	Duration	Course Title
PITAS/10028/1	3 day	Foundation—developing positive relationships with individuals in distress—children
PITAS/10028/1a	3 day	Foundation—developing positive relationships with individuals in distress—adults
PITAS/10028/2	TBC	In house trainers project

General Approach to Teaching Physical Interventions:

Our work is about creating an environment where carers can Develop Positive Relationships with Individuals in Distress.

The foundation of D.ESCAL8™'s training is set firmly in the framework of Positive Behaviour Support and that physical interventions are only to be used once primary and secondary prevention strategies have been tried, reviewed and found to be ineffective, and form part of a comprehensive risk management plan.

Our restrictive interventions are designed so as not to suppress the movement of the individual in distress, but rather to work with, and redirect, their movements. This system is considered more effective by those who use it, and the result is shorter timeframes of restraint. Emotional contagion, via mirror neurons, mean that staff working with individuals in distress have to not only appear calm, but be calm - we achieve this through effective resilience training including realistic role plays.

Our training bases itself on the PERMA model (Seligman, 2011) of wellbeing and its five essential elements of Positive Emotion, Engagement, Positive Relationships, Meaning and Accomplishment.

We believe following the PERMA model for both staff and the individuals they work with, as well as Positive Behaviour Support, will result in the building of long lasting positive relationships between staff and those they care for. This will ultimately reduce the use of restrictive interventions. .

Relevant Training Topics :

- Relevant Legal Aspects
- Planning Reporting and Recording
- Positive Behaviour Support
- Ethnicity, culture, religion and gender.
- Causes, Resilience, Acceptance and Tolerance
- Psychological Principles including understanding re-enforcement theory and unplugging the power struggle
- Stress - Assault Cycle and De-escalation
- Disengagement techniques
- Debriefing and Offloading
- Restrictive physical interventions
- Realistic Practice Sessions

Accredited Trainers

D.ESCAL8



Des Cooke
PITAS/10023/001

