

Sherwood Training & Consultancy Services

Contact: Nick Butcher

Tel: 0845 094 4635

Mobile 07858 389 685

Email: info@sherwoodtraining.co.uk

Website: <http://sherwoodtraining.co.uk>

Address:
Unit 13, Lenton Business Centre,
Lenton Boulevard,
Nottingham,
NG7 2BY

PI System/Model: Training in Challenging Behaviour and Physical Interventions

Geographical Area Covered: UK

Who Is Training For?:

Staff and volunteers working in the health, social care and education sectors, carers and carer groups.

The training is suitable for services for:

- Adults with learning disabilities
- Children and young people with learning disabilities
- Children and young people with severe emotional and behavioral difficulties
- Children and young people with special educational needs
- Education
- Forensic learning disabilities
- Autism

Accredited Courses :

| Course Code | Duration | Course Title |
|---------------|----------|--|
| PITAS/10053/1 | 2 day | Level 1 training in Challenging Behaviour and Physical Interventions |
| PITAS/10053/2 | 3-4 day | Level 2 training in Challenging Behaviour and Physical Interventions |
| PITAS/10053/3 | 5 day | In house trainer Development Programme |
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General Approach to Teaching Physical Interventions:

Our training is based on several key principles:

Last Resort – Sherwood Training’s philosophy is that Restrictive Physical Interventions (RPI) will only be used as a last resort when other (non-physical) strategies have been tried and failed to ensure the safety of the person and/or others OR in an emergency situation when the risks of using the RPI are outweighed by the risks of inaction.

Part of a Wider Positive Behaviour Support Plan – The use of RPI must only be used as part of a wider positive behaviour support PBS plan. It is not justifiable to rely solely on RPI to ensure a person’s safety and to manage high-risk behaviours.

Justifiable, Legal & Ethical – The use of RPI must be justifiable in the circumstances, legally defensible and fit with current ethical approaches to challenging behaviour as outlined in the *BILD Code of Practice (3rd Edition)*.

Risk Assessment – Any physical skills used (breakaway/self-protection and RPI) must be risk assessed for use with the service user(s) concerned. This should take into account the physical and mental health and well-being of the person.

Restraint Reduction – RPI should never be viewed as a long-term solution in supporting people with challenging behaviour. In some exceptional cases it may be necessary but nevertheless, those responsible for the care of the individual should always seek to find alternative and less restrictive ways of keeping the person and others safe.

Our model is aimed at developing skills, knowledge and attitudes that positively contribute to the support of people who may present challenging behaviours. Knowledge in terms of defining challenging behaviour and understanding various factors that influence behaviour, attitudes in terms of developing positive attitudes towards people who may exhibit challenging behaviour and skills in observation, recording and reporting, developing positive behaviour support strategies, applying de-escalation skills and safely using self-protection and restrictive physical intervention skills whenever necessary.

One of the strengths of the training is that it clearly sets out a model for developing positive behaviour support strategies (PBS), engaging learners in exercises focussed on developing positive proactive approaches for the people they support. Physical intervention itself is taught within the context of this model thus underlining the importance of PBS and that the use of physical interventions is only one part of an overall strategy not an answer in itself to solving behavioural challenges.

Relevant Training Topics:

Training topics include:

- Understanding and defining challenging behaviour
- The causes of challenging behaviour
- Factors influencing human behaviour
- Assessment and record keeping
- Values and attitudes
- Developing positive behaviour support strategies
- De-escalation skills
- National guidelines and legislation
- Breakaway / Self-Protection Skills
- Restrictive Physical Intervention Skills (Level 2 only)

Full details of our training programmes are available on request. Alternatively visit:

<http://sherwoodtraining.co.uk>

Accredited Trainers

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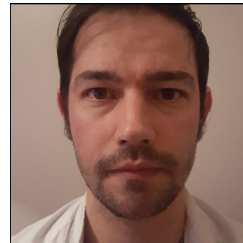
Nick Butcher
PITAS/10053/001



Andy Whysall
PITAS/10053/002



Rachael Davies
PITAS/10053/003



Ben Feetenby
PITAS/10053/004

