

Studio III

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PI System/model Studio III

Geographical area covered UK, Republic of Ireland, Denmark, Sweden, Germany, South Africa, Greece, Canada, Norway, Hong Kong, Malta, Australia and Israel

Who is training for? Health care professionals, support staff and teachers within the social, education and health care industry including residential settings, nursing homes, schools and hospitals supporting children or adults with intellectual disabilities, autism, emotional difficulties or mental health problems.

- Accredited courses**
- 1, 2 & 3 Day courses: Management of Challenging Behaviour in Adults with Learning Disabilities
 - 1, 2 & 3 Day courses: Management of Challenging Behaviour in Adults with Autism
 - 1, 2 & 3 Day courses: Management of Challenging Behaviour in Children with Learning Disabilities
 - 1, 2 & 3 Day courses: Management of Challenging Behaviour in Children with Special Educational Needs
 - 1, 2 & 3 Day courses: Children with Additional Needs that may be associated with Behaviours that Challenge
 - 1, 2 & 3 Day courses: Management of Challenging Behaviour in Adults with Learning Disabilities and/or Autism Detained under Mental Health Legislation
 - 1,2 and 3 Day courses: Management of Challenging Behaviour in Children and Young People Detained under the Mental Health Act

General Approach to Teaching Physical Interventions

We promote cultures that focus on wellbeing and help to create a safe and restriction free world where people can live fulfilled and meaningful lives. Reducing restrictions is not just about training; it is also about changing cultures of organisations. Our philosophy is unreservedly non aversive in nature. We operate within a person centred model of support.

The ideals of Studio III are to promote the management of challenging behaviour in a totally non aversive, gentle and dignified way by use of low-arousal techniques and gentle physical skills. Within this non-aversive framework, the training covers - legal issues; the role of policies; understanding the nature of violence expressed by people with learning disabilities; background causes of challenging behaviour; positive interaction, diffusion and distraction strategies; physical avoidance skills and restraint without immobilisation.

The training is designed to give staff confidence in managing challenging behaviours whilst at the same time maintaining a positive relationship with their clients.

The seven key components of our approaches to supporting people.

- 1) We provide a 'systems' approach to all of our work.
- 2) We support organisations to develop a clear and coherent approach to reducing restrictive practices.
- 3) We aim to develop a reflective approach to learning.
- 4) Our staff focus on implementation of positive practices on the ground not just in the training room.
- 5) We passionately support the human rights of individuals. All. Of our work is driven by these values.
- 6) We are driven by evidence based approaches and as such our training and other models of supports adapt to the latest research.

Studio 3 Training focusses on teaching as few physical interventions as possible.

Relevant Training Topics

One, two and three day courses covering:

Legal issues; Low-Arousal Approaches; How our Behaviour can Affect Others; Defusion; De-escalation; Distraction, Coping with Challenging Behaviours; Managing versus Challenging Behaviours; Physical Avoidance Skills; Causes of Challenging Behaviour; Identifying Cues and Triggers; Physical Interventions. Other workshops include: Positive Approaches; Reactive and Pro-Active Planning; Issues around Sexuality and Relationships; management of Challenging Behaviour in those with Acquired Brain Injury.

Train the Trainers Programme

June 2017

