

Martha McGinn Training and Consultancy

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PI System/model PETMA © Professional Ethical Therapeutic Management of Aggression

Geographical area covered: Ireland

Who is training for? Adults with learning disabilities and /or autism
Children with learning disabilities and/or autism
Children and young people with severe emotional and social difficulties
Children with additional difficulties that may result in socially inappropriate behaviour
Adults with a learning disability and/or autism who are detained under the Mental Health Act
Families and family carers, including foster carers, those offering short breaks and support to children and young people with learning disabilities, autism and social emotional and behavioural difficulties

Accredited courses PETMA©2-day Foundation Children and Young People with Disabilities
PETMA©2-day Foundation Adults with Learning Disabilities
PETMA©4-day Foundation Children and Adults with Learning Disabilities
PETMA©4-day Foundation Pupils with Special Needs
PETMA©4-day Foundation Children and Adults with Autism
PETMA©1-day Foundation Refresher for Children and Adults with Learning Disabilities

General Approach to Teaching Physical Interventions

PETMA© is designed to build organisational and frontline practitioner's competency when working with children or adults who may become distressed at times. It provides a catalogue of responses, starting at creating the right environment, building therapeutic relationships, understanding the service users and developing empathy. Solution focused approaches to reduce distress such as, prevention, prediction, detection, conciliation, recognition and staying safe in situations which are escalating and the ability to manage actual or potential verbal or physical distressful behaviour. Where physical distressing behaviour requires the use of restrictive interventions, PETMA© provides instruction in professional, ethical, therapeutic, legal, safe, physical disengagement skills, which are risk assessed, client specific with gradient approaches and conform to principles of physiology.

PETMA© draws on positive behaviour support principles and is underpinned by a psychodynamic approach. Located in this approach, is the professional management of aggression and violence (PMAV). We complete a comprehensive expert training needs analysis (ETNA) with every commissioning organisation, with a view to contextualising their unique needs and working in partnership.

Our model provides a range of powerful and thought provoking, transformative behaviour changing programmes, and is accompanied by relevant practical tools.

Teaching Philosophy

The model emphasises 3 components:

1. Positive Behaviour Support Strategies ensures we provide a balance between protecting both child and adult's human rights and everyone's right to safety with the inclusion of a range of preventative strategies to support both children and adults with behaviour of concern. The approach ensures our Functional Assessment tool is completed which is designed to explore and discover the range of situations which a child or adults responds distressfully to. Following this, strategies include a range of creative responses designed to support the child or adult to acquire new skills and mechanisms to take control of their lives and consequently their behaviour. The details of these responses are formulated in a Positive Behaviour Support Plan. Some of our programmes, teach learners these skills, while in other cases a functional assessment is completed as part of our ETNA.

2. Psychodynamic Approaches adds to our training model by offering an understanding of the psychological disturbance and distress of not only common mental health problems and emotional needs in this population, but also the trauma and developmental impact of disability on Children and Adults with Intellectual Disability, Autism or Severe Emotional Difficulties and others which is often ignored. The inclusion of this understanding provides a thought provoking realisation of why their behaviours may escalate and helps learners to develop a sensitive and empathetic understanding

of their distress with real insight into how to support them to a calmer place, thus having a powerful impact on the reduced need of the use of physical interventions.

3. PMAV offers a range of professional, verbal and physical responses for both organisations and frontline practitioners to deal with situations where distressful behaviour may occur.

Relevant Training Topics

Understanding dual diagnosis of Intellectual Disability and Mental Illness and or Dementia – diagnostic criteria, types, causes, impact on daily life and positive behaviour support strategies

What is Positive Behaviour Support?

Understanding Trauma Informed Care

Attachment Disorder

What Positive Behaviour Support plans should include?

Understanding cultural, age and gender and how these issues may impact on children or adults, specifically

Developing appropriate relationships with children and adults

Developing appropriate environments and communication strategies based on communication style, need and preferences

Understanding and Responding and prevention of behaviour of concern

Possible causes of aggression– predicting aggression

Specific triggers

Dealing with language barriers

Dealing with sensory impairment

Conflict resolution skills

Escalation cycle

De-escalation skills

Observation skills – reduce the need for Physical intervention

Observation of a sedate person

Active listening skills

Verbal de-escalation skills

Staying safe in an escalating environment-Use of proximity, posture and positioning to reduce the risk of aggression

Disengagement skills

Physical Restrictive Interventions

Assisted Decision Making Act 2016

UN Convention of Human Rights for People with Disabilities 2018

Accredited Trainer

Currently Martha is the only accredited trainer, she is a Registered Nurse for people with Intellectual Disabilities (RNID) and completed her Higher Diploma in Learning Disability studies at UCD. She holds a B.Sc. Hons. Degree in Professional Social Work specialising in working with People with Intellectual Disabilities, and the following qualifications.

- BA Degree Professional Management of Violence and Aggression (PMAV)
- Higher Diploma in Learning Disabilities Studies
- BSc Honours Degree in Professional Social Work
- Post-Qualifying Award in Social Work
- Certificate in Psycho-dynamic Approaches to People with an Intellectual Disability.
- RNID Registered Nurse for People with Intellectual Disabilities
- Diploma in Social Science
- NUI Certificate in Training and Continuing Education
- Process of HIQA Inspection and Registration Training
- Practice Teacher Award Programme
- Certificate Protection from Abuse and Neglect