



Course title: Positive Behavior Support (PBS)

Duration: Full day

Maximum number of learners: 16

Course overview:

This course is designed to help staff improve the lives of people who display challenging behavior. Delegates will explore what behavior and communication are and what functions they serve. We adopt the view that challenging behavior almost always has an underlying cause. Delegates will look at how challenging behavior can be assessed and some of the strategies that can be used to help promote positive behavior and the importance of recording incidents to help prevent it reoccurring. This course supports care workers by identifying what they can and cannot do, gives advice as to how they can remain safe, keep people safe and act within organisational, local, and national procedures.

Course learning outcomes:

By the end of the day, learners will be able to:

- Define the term Challenging Behavior
- Discuss the reasons for challenging behavior
- Cite the types of behavior deemed challenging
- List common triggers and avoidance
- Discuss the signs of escalation
- Discuss the behavior cycle and de-escalation techniques
- Demonstrate and discuss spatial awareness and the importance of safe distance
- Discuss effective strategies to manage difficult behaviors
- Cite the importance of recording and reporting incidents
- Discuss, demonstrate and practice recognised breakaway techniques