



Positive Behaviour Support (Refresher)

Our Positive Behaviour Support (Refresher) training provides a comprehensive review and update for professionals already familiar with the principles and practices of PBS. Our experienced trainers will lead learners through interactive modules and case studies and refresh their knowledge of evidence-based strategies for understanding, preventing, and responding to challenging behaviours.

Key topics include functional behaviour assessment, person-centred planning, proactive interventions, reinforcement strategies, and collaboration with interdisciplinary teams and stakeholders. By revisiting core concepts and exploring recent developments in the field, participants will enhance their ability to implement effective PBS approaches in various settings, ultimately promoting the well-being and quality of life for individuals with behavioural challenges.

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Learning Outcomes

- Understand the concept and principles of Positive Behaviour Support
- Explore rights, independence, choice and inclusion
- Understanding the concept of Quality of Life
- Gain understanding of different interventions and strategies
- Increase understanding of the challenges faced by people with learning difficulties
- The benefits of working in a PBS framework for service users and staff

Course Content

Module 1: Unravelling Positive Behaviour Support:

- Who is it for, what is it all about and why is PBS important?

Module 2: The PBS Support Module:

- Understanding and reducing behaviours that challenge, with a primary aim of improving quality of life.

Module 3: The Foundations of Positive Behaviour Support:

- Understanding how behaviour is influenced by the environment and looking at how PBS can improve the lives of individuals with learning difficulties.

Course Content

Module 4: Effective PBS strategies:

- Understanding the principle that if you can teach someone a more effective and acceptable behaviour than the challenging one, the distressed behaviour will reduce.

Module 5: Exploring Values and Attitudes:

- Where do values come from and what do we value; looking at PBS in relation to person centred care.

Module 6: Communication:

- Examining case studies and discussing how to communicate effectively and appropriately using Mehrabian's Model of Communication. Understanding the importance of recognising facial expressions and exploring the use of technology in assisting communication.

Module 7: Environmental Management:

- Understanding how the surrounding environment can impact an individual's behaviour. Discussing low stimulus environments, sensory gardens, building layouts and resilient buildings.

Module 8: Exploring Skill Development:

- The importance of skill development including approaches to money, household cleaning, operating appliances, and food shopping and preparation.

Course Content

Module 9: Anxiety Management and Supporting Distressed Behaviour:

- Understanding the difference between challenging behaviour and distressed behaviour and the reasons behind it. Discussing the importance of Behaviour Support Plans.

Module 10: Quality of Life:

- Understanding how a person may act or behave if they are excluded, understanding the impact of loneliness and discussing effective PBS strategies. Learn how to challenge outdated attitudes