

# Positive Behaviour Support (PBS)

Essential training on using this powerful, evidence-based approach.

A 3-day course (2-day version available) for up to 15 people

## The course covers:

### What is Positive Behaviour Support (PBS)?

- Background of PBS
- An introduction to the Model.
  - Functional Behavioural Assessment.
  - Primary Prevention.
  - Secondary Prevention.
  - Crisis Intervention.
- Relevant background legislation.
- Evidence for PBS.

### Creating a high-quality environment

- Teamwork
- Consistency, safety and reliability.
- Awareness of surroundings.
- Meaningful activities.

### Considerations for the Individuals

- Communication
  - Different styles.
  - Why good communication is so important.
- External Stimuli.
- Health: physical and mental
- Strengths, ability and motivation.
- Inclusion of their support network.

### Functions of behaviour/functional analysis.

- Working out the purpose of the behaviour.
- Ways to respond to the behaviour.
- Treating the behaviour.
- What if we are wrong with our analysis?

### Active Support

- What is Active Support?
- How it fits so well with PBS.
- The 4 essential components.

- Learning new activities:
  - Task Analysis
  - Backwards Chaining
  - Prompt and fade.
- How to maximise the chances of successful implementation.

### Understanding and Creating the PBS Plan.

- What is a PBS Plan?
- The 4 components.
  - Avoiding an incident
  - Developing alternative behaviours that meet the need.
  - Increasing skills and communication.
  - Longer term plans.
- What makes a good PBS Plan?
- Who is it for?
- Why do you need one?
- Creating a PBS Plan.

### Implementing the Plan

- Consistency
- Staying positive.
- Regular evaluations and revisions.
- Staying Client-Centred.

### Crisis Management

- Devising and implementing the most appropriate strategy.

### Post Incident Learning

- Procedures to follow after an incident for both the person and their carer.
- The Improvement Cycle.

You will have access to important online resources for use after the course, free of charge for as long as you retain your APT-Accreditation.

To discuss or place an order call **0116 241 8331** or email **office@apt.ac**

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

APT, The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: office@apt.ac | Web: www.apt.ac