

# The RAID<sup>®</sup> Course

A relentlessly positive approach to working with extreme behaviour to minimise it at source.

A 3-day Course for 6-15 people.

## Executive Summary:

The 3-day RAID<sup>®</sup> course is a comprehensive approach which teaches staff a philosophy and practice not only to deal with challenging behaviour when it occurs, but also to prevent it by tackling it at source. Staff feel pleased to know where they are going and what they are doing, while clients delight in a relentlessly positive and empowering approach.

## The RAID<sup>®</sup> Course Aims:

- A clear, positive, philosophy and technique for working effectively with challenging behaviours.
- Provides interventions with a clear sense of purpose.
- Shows how reinforcing key aspects of a client's behaviour can eliminate challenging behaviours.
- Demonstrates how to reinforce behaviour effectively.
- How to make social reinforcement work. How to design formalised yet 'friendly' reinforcement systems. Avoiding reinforcement 'traps'.
- Knowing the 4 key types of appropriate behaviours, and how to spot them.
- Why we are best to play down disruptive behaviour.
- Why punishment usually doesn't work.
- What to do when disruptive behaviour cannot be ignored. For example, when it is damaging or life-threatening to other clients or staff, crucial non-physical interventions.
- How to avoid people 'pushing against us' when we are trying to influence them and how to guide their behaviour for the better.
- How good rules or 'boundaries' for behaviour are productive and energising while bad ones are a short-cut to endless trouble. What makes the difference between good and bad.
- What to do when clients exhibit so many challenging behaviours that it is difficult to know where to start.
- What to do when it seems that some sort of punishment is unavoidable.
- How to avoid clients 'manipulating' staff.

## Who should attend:

This course is suitable for 'whole teams' working with serious challenging behaviour from adults or children and

adolescents: it is important to have everyone 'singing from the same songsheet' when working with extreme behaviour, and that is what The RAID<sup>®</sup> Course does.

Attendees come from a variety of work settings, but principally are working with:

- Adults suffering from mental illness in 'challenging behaviour' units and psychiatric intensive care units.
- Children and young people in residential or domestic settings.
- People with learning difficulties.
- People in secure units.
- People with forensic background, either in residential units or in the community.

**Note:** There are now separate editions of the RAID<sup>®</sup> course depending on whether you work with:

1. Adults
2. Children and Adolescents
3. Learning disability

So you will be asked which edition you want when you book.

## In 3-days you will cover a great deal:

- Why it is so important to have 'a philosophy of care'. Why (a) punishment and (b) extinction don't work. How the RAID<sup>®</sup> approach is radically different from both the above.
- What is meant by...
  - ... 'routine green behaviour'?
  - ... 'extra-ordinary green behaviour'? and
  - ... behaviour that is 'green, but not quite the shade of green I had in mind'? Why it is so important to know.
- When a professional says they have 'tried everything' with a client, what powerful category of influence have they usually failed to try?
- How some professionals actually discourage green behaviour when they think they are encouraging it.
- How to influence people at the deepest levels of their brain.
- Why working on clients' problems often results in exaggerating those problems, and what to do instead.

Continued Overleaf

To discuss or place an order call **0116 241 8331** or email [office@apt.ac](mailto: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.

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- Thousands of people in the UK are victims of ‘the punishment spiral’. How does this come about and how can we reverse the spiral?
- How to have clients behave to their best limits, without ever addressing their extreme behaviour!
- What’s so special about you that makes you good to work with extreme behaviour. There is an answer!
- Rules and ‘boundaries’ are an important, if rather sterile concept. How can you bring them to life in a way that both clients and professionals welcome?
- What makes the difference between standard criticism and constructive criticism, and how can we keep our criticism constantly constructive and, therefore, effective?
- Why is this statement probably untrue and how should we capitalise on the real truth of the situation: “We find that whenever Sue harms herself she’s had an argument with her boyfriend just before: every time they have an argument, she harms herself.”?
- What should we do when we come across clients who exhibit so little appropriate behaviour that they are very difficult to work with?
- We need to balance the client’s past, present and future. But – if you’re working with extreme behaviour – which is most important? Why? How can you build on that?
- Often, the extreme behaviour is to communicate something. How can we tell what, and how should we respond then? Possibly more important, what should we not do?
- What can you do when extreme behaviour happens? We have two good options, but it’s important to choose the right one!
- Practise what you preach. How to RAID® yourself.
- Extreme behaviour is normally very wearing both for the client and for the professional. How to cope with the ‘feelings’ side of things.
- What your team can do to immediately transform its impact.
- How to use RAIDing to operationalise the Recovery philosophy.

- You will see that it is possible to have a positive approach to working with challenging behaviour, an approach which is both clear and effective.
- You will be better at reinforcing others, you will be more aware of the positive actions and traits they display.
- You will know why consideration of the future is so important in general, and especially in this area.
- You will be able to ask positive, constructive questions, ones which have answers which nurture and develop people rather than focusing on their ‘problems’.
- You will know when an issue needs addressing, and be better at addressing it.
- You will be able to use specific techniques for resolving dangerous or threatening situations.

#### Delegates’ Feedback

Average presentation rating: **97%**



Average relevance rating: **97%**



Written Feedback:

“Excellent material, excellently delivered. Can’t fault it! Highly recommended.”

#### What the course will do for you:

- You will have a clear philosophy on how to view challenging behaviour. A philosophy which allows you to intervene positively and effectively to minimise its occurrence.
- You will see how that philosophy applies not just in your work, but in your private life too. After all, it is a philosophy, not just a technique.
- You will gain a clearer perspective on what you already do, seeing more clearly why some actions you take work, and others don’t.

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