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## CHALLENGING BEHAVIOUR

### Overview

This course is designed both for care and senior staff, along with families within any organisation, who care for clients/ individuals displaying Challenging Behaviour (irrespective of its origins and manifestations).

**Duration** - 2 ½ - 3 Hours

The course will explore and extend participants' knowledge about Challenging Behaviour: the forms it can take, those who are at risk, various explanations for the occurrence of Challenging Behaviour, and possible coping and response options. Participants will discuss their own experiences of challenging situations and aim to develop new practices, which can be followed comfortably within their work environment.

### Aim

The aim of the course is to provide participants with the opportunity to examine the wider issues of Challenging Behaviour and develop coping strategies, its prevention and management.

### Course objectives

Having completed the course, participants will/should be able to:

1. Understand what Challenging Behaviour is
2. Identify features of it and reasons behind it.
3. Identify clients trigger points.
4. Develop coping strategies.
5. Identify the main legal implications
6. Analyse one's own presentation within Challenging Behaviour.

The course is supported by an informative handout, a question & answer session and accompanying discussions. On completion of the session, the participant will receive a Mind Consultancy certificate of attendance, outlining the NVQ & new QCF CMH 301 learning outcomes. Each training session would be designed specific to the work/care environment.