Supporting People with Learning Disabilities who show Distressed Behaviour

Our Supporting People in Distress course provides participants with essential knowledge and skills to effectively support individuals with learning difficulties who display distressed behaviour. Our experienced trainers will guide learners through theoretical understanding and practical strategies and participants will explore the underlying causes of distressed behaviour in individuals with learning difficulties.

Topics include understanding different types of learning difficulties, identifying triggers for distressed behaviour, implementing de-escalation techniques, promoting emotional regulation, and fostering a supportive environment. Participants will also learn about effective communication strategies, collaboration with multidisciplinary teams, and ethical considerations in supporting individuals with learning difficulties.

Learn more ❯

Learning Outcomes

- To understand the terms 'behaviour' and 'distressed behaviour
- To examine the negative impact of language that describes behaviour
- To understand behaviour as communication
- To think about behaviour in relation to human needs
- Excess and deficit behaviours
- How to observe and record behaviour in a meaningful way
- Understanding the importance of consistency
- Using distraction and de-escalation

Course Content

Module 1: What is Positive Behaviour Support?
- This module introduces the principles of Positive Behaviour Support, focusing on understanding, preventing, and addressing challenging behaviours in individuals with learning difficulties through person-centred strategies.

Module 2: Understanding Learning Difficulties and Distressed Behaviour:
- This module explores the intricate relationship between learning difficulties and distressed behaviour. We examine the manifestations and triggers of distressed behaviour in individuals with learning difficulties and the importance of understanding underlying causes.

Course Content

Module 3: Negative language and its impact on behaviour:
- Examining how language shapes perceptions and attitudes towards behaviour and understanding the detrimental effects of derogatory terminology on individuals with learning difficulties. Through discussion we will explore alternative, person-centred language.

Module 4: The Hierarchy of Needs:
- Understanding what humans need to be happy and fulfilled and the consequences of not meeting those needs.

Module 5: Understanding how to monitor behaviour:
- This module teaches effective methods for observing and tracking behaviour over time. Participants learn to identify patterns, triggers, and changes in behaviour, enabling proactive interventions to support individuals with learning difficulties effectively.

Module 6: Learning disability and Mental Health:
- This module explores the intersection of learning disabilities and mental health, examining common co-occurring conditions and their impact.

Module 7: Behaviour Support Plans:
- How to conduct functional behaviour assessments, identify triggers, and develop proactive strategies to promote positive behaviour.

Course Content

Module 8: Understanding and Managing 'Risk Management':
- Learn how to develop proactive strategies, establish safety protocols, and navigate ethical considerations to ensure the well-being of individuals while promoting independence and autonomy.

Module 9: Distraction and De-escalation:
- Understanding the 5, 4, 3, 2, 1 technique, rainbow breathing and distraction grounding. The importance of a self-soothing box.

Module 10: Environmental Management:
- Creating supportive environments to minimise distress and enhance well-being, evaluating physical and sensory environments and adapting surroundings to individual needs.