

Supporting Behaviours of Concern – Half or 1 Day (3/6 Hours)

Overview

All behaviour happens for a reason and behaviours of concern or 'challenging behaviour' are no different. Focussed specifically on autism, this 3 or 6 hour course identifies some of the key principles and understanding needed when supporting individuals who may display behaviours of concern.

The course will look at the concept of behaviour and why it may become concerning or challenging, as well as discussing why these types of behaviour are often more common in people with autism. Our trainer will look at why these types of behaviour happen and how to identify their cause, as well as how to minimise their impact or how to avoid them in the first place. The course will also identify useful strategies for avoiding points of crisis (meltdowns) and safely supporting people on the autism spectrum through them.

Our experienced trainer has nearly 20 years' experience working as a specialist in the field of autism and behaviours of concern and will welcome questions and offer supportive strategies throughout the course.

Learning Outcomes

At the end of this course attendees will:

- Know about behaviour and behaviours of concern.
 - Understand why these are more common in autism.
 - Be aware of the functions of behaviour and how to identify them.
 - Learn about the arousal cycle and de-escalation.
 - How to avoid and minimise points of crisis.
 - Be able to plan and use supportive strategies.
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