

**COURSE TITLE:           Managing Complex and Challenging Behaviours - Children and Young People**

**Trainer:**

**Chris Anderson** is a registered social worker who has worked over many years with children and young people who present complex and challenging behaviours.

Chris is currently working as a consultant, freelance trainer, and also chairs a Fostering Panel. She provides training and support for a number of fostering agencies, and to local authorities.

**Peter Sadler** is a teacher, trainer and facilitator with more than thirty years experience in the field. He was instrumental in setting up one of the first Behaviour Support Services outside London and is committed to working in a research based and reflective way.

Peter is now applying these skills with foster care workers where his interests lie in creating a professional development structure for the carers. He is particularly interested in the issues which are faced by men in care work.

**Aims and Objectives:**

This course aims to provide a 'tool kit' to staff who are working with children and young people who may present both complex and challenging behaviours.

We look at the behaviours some children may present and begin to understand why a child may behave in a particular manner.

The course looks behind the presenting behaviours and examines why some behaviours are seen as difficult to manage. The 'common sense' origin of some of these behaviours is explored.

The course considers the impact of certain types of behaviour on staff and peers. Participants are helped to look at their role in understanding complex behaviours and, last but not least, to develop some basic strategies to manage them.

**Duration of course:**

Whole day (09.30 – 16.30 with a break)

**Numbers:**

Up to a maximum of 25 participants

# drive network

quality health and social care training

## **Target Audience:**

The course is designed for all workers who care for or undertake direct work with children and young people who present challenging and complex behaviours

These could certainly include foster carers, residential care workers, education and youth workers and those working in behaviour and inclusion services.

## **Teaching Method:**

The course is conceived in seminar format, to enable maximum interaction between trainer and course participants. There is a comprehensive PowerPoint presentation, together with small group exercises to facilitate experiential learning.

## **Course Synopsis**

- What is behind the behaviour?
- Understanding reactions to certain types of behaviours
- Being aware of our own vulnerabilities and 'script'
- Is this negative behaviour?
- Supporting the child yet remaining objective
- Being aware of behaviour changes
- Learning how to manage some challenging or complex behaviours.