



P&I Training 1-day programme in De-escalation and Physical Intervention

*The cost of the 1-day programme is £1200 inclusive of all expenses.
This session is for up to 24 staff members.*

Additional staff members over 24 will be charged at £75 per person.

Session length – 6 hours

Programme Aim

The overall aim of the 1-day programme is to give staff increased confidence in dealing with behaviours that may challenge them both physically and emotionally.

The 1-day programme is delivered in 4 parts.

1. The law and Legal Guidance for your specific organisation
2. De-escalation – dealing with conflict – self-control – behaviours that challenge
3. Physical intervention techniques and scenarios
4. Recording – reflecting and planning for incidents of a serious nature.

The 4-part approach covers the complete cycle from low level behaviour through to escalating behaviour and behaviour that could be defined as aggressive and/or dangerous.

Part 1 lays down a platform for the staff to have a clear understanding of the laws around the use of force in their particular setting. This section gives knowledge to both specific work place laws and also common law.

Part 2 focuses on the staff approach to dealing with incidents and how we handle ourselves during moments of crisis. Remaining calm in our approach and using a wide range of de-escalation strategies informs staff of how our actions can either support a serious incident to a positive conclusion or be a catalyst to further inflame a situation. Body language, verbal support, tone of voice, eye contact and the words that we use during incidents form the bulk of this section.

Part 3 is the section that displays how we physically intervene if all other strategies have failed to support and there are no other options available. This section will offer a wide range of intervention strategies tailored to suit your specific setting. Safety for the young people and staff is paramount and this section will help staff with the knowledge that they are keeping themselves and others from harm.

Part 4 looks at appropriate forms of documenting and how this keeps both the staff and young people safe. We then look at how our recordings inform our practice for future incidents of a similar nature.

Programme statement

Aggression and abuse is becoming increasingly more prevalent for staff working with children and young adults. Giving your staff the skills and tools necessary to deal and cope with these behaviours will go a long way to having a settled, confident and flourishing staff team. The outcomes for the young people are sometimes immeasurable when they are being handled both physically and mentally by a highly skilled team that have the common goal of safety for all with the best interests of the young people at heart.

Having a common platform to work from moving forward will allow a consistent, safe and calm approach.

Delivery

The programme is delivered as a holistic approach to behaviour management with physical intervention only ever used as a last resort when all other options have been exhausted. Our team will deliver the programme with humour and

draw on their vast experience of dealing with the type of behaviours that we have mentioned.