

## **Introduction to Positive Behaviour Support - One Day (6 Hours)**

### **Overview**

People on the autism spectrum may display patterns of behaviour which cause concern in other people. Often the people supporting them use guesswork to try and support these behaviours or become reliant on restrictive or aversive practices – these approaches tend to decrease the persons quality of life making behaviours of concern more likely.

Positive Behaviour Support (PBS) is an ethical framework for supporting people who may display behaviours of concern. Drawing on aspects of behavioural theory but with a clear person-centred values base, PBS is now recommended by NHS England, NICE and the Dept. of Health amongst others. This course offers a solid introduction to PBS and how to put it into practice and is essential for anyone supporting people who display behaviours of concern.

Our experienced trainer has nearly 20 years' experience working as a specialist in the field of autism and behaviour, and is an associate consultant for the British Institute of Learning Difficulties (BILD). He will happily welcome questions and offer supportive strategies throughout the course.

### **Learning Outcomes**

At the end of this course attendees will:

- Understand what Positive Behaviour Support is.
  - Know about the importance of quality of life.
  - Learn about implementing PBS in their setting.
  - Know how to produce a behaviour support plan.
  - Learn about how to change systems and culture.
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