

**WHOLE FAMILY APPROACHES**

**PICA AWARENESS**



The Challenging  
Behaviour Foundation

# WORKSHOPS 2024

**COMMUNICATION**

Sharing co-produced best practices  
with professionals and family carers

**POSITIVE BEHAVIOUR SUPPORT**

**TRAUMA AWARENESS**

# Why CBF Workshops



All CBF workshops are devised, developed and delivered in partnership with family carers. The content and format is tested, evaluated and reviewed periodically by family carers and professionals. The workshops are particularly designed to bridge gaps across the system, joining up fragmented parts to build a holistic approach to care and care-based systems. Co-delivered with family carer trainers, our person-centred practices reflect both families' and professionals' perspectives. It ensures that all 'theory' translates into practice and facilitates partnership working.

Our style of delivering the workshops is interactive and engaging; encouraging participation through discussions and activities. The pre-workshop materials and access to the CBF's family carer/professional networks facilitate a valuable learning experience for participants. The terminology and illustrations used are all selected to ensure the workshops are practical, accessible and rooted in daily life experience.

In the last 12 years, our workshops have benefited thousands of participants, with several reporting long term impact on the lives of people they care for. We have delivered our workshops in multiple settings such as family support teams, schools, NHS services, the voluntary sector, social care and to families.

## About the CBF

The Challenging Behaviour Foundation (CBF) is a registered charity specifically focusing on the needs of people with severe learning disabilities whose behaviours challenge. We want to see children, young people and adults with severe learning disabilities whose behaviours challenge and their families getting the right support, in the right place at the right time. Our work is divided into three closely interconnected strands:



### Information and Support

We develop and share a range of practical information and resources to equip and empower families and professionals.



### Campaigning and Influencing

Our strategic work focuses on ensuring that children, young people and adults with severe learning disabilities whose behaviours challenge, and their families are included, engaged and represented in policy and practice.



### Promoting Best Practice

We are committed to actively developing, sharing and promoting evidence-based best practice that demonstrate how people with severe learning disabilities whose behaviours challenge can be supported to have a good quality of life within their community.



You can find out more about the CBF's work [here](https://www.challengingbehaviour.org.uk).

# Workshops

Our workshops are specially designed to address learning and practice gaps across the lifespan of people with severe learning disabilities. The workshops also address systemic needs to provide person-centred and family-centred approaches to improve long-term support.

The workshops provide practical skills and strategies that help professionals working within the system reflect on the quality of support at an individual, local and systemic level. Our workshops can be delivered as “stand alone” events or in combination with each other. We welcome the opportunity to discuss your specific requirements.

If you would like to understand more about [challenging behaviour](#) or [positive behaviour support](#), please visit our [website](#).

## Positive Behaviour Support



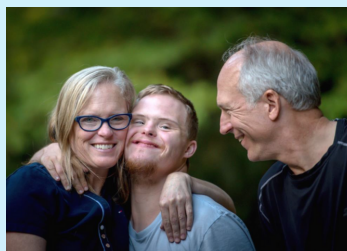
Suitable for: Professionals  
and Family Carers

### Part 1: Understanding Challenging Behaviour (UCB)

Duration: 4.5 hours

This introductory workshop enables participants to understand what is meant by ‘challenging behaviour’.

UCB covers what challenging behaviour can look like, its impact and reasons, and ways for carers to look after themselves.



### Part 2: Supporting Behaviour Change (SBC)

Duration: 4.5 hours

Following UCB, this workshop SBC empowers participants with tools and strategies to address the reasons why challenging behaviour may happen which can prevent or reduce challenging behaviour and improve people's quality of life.

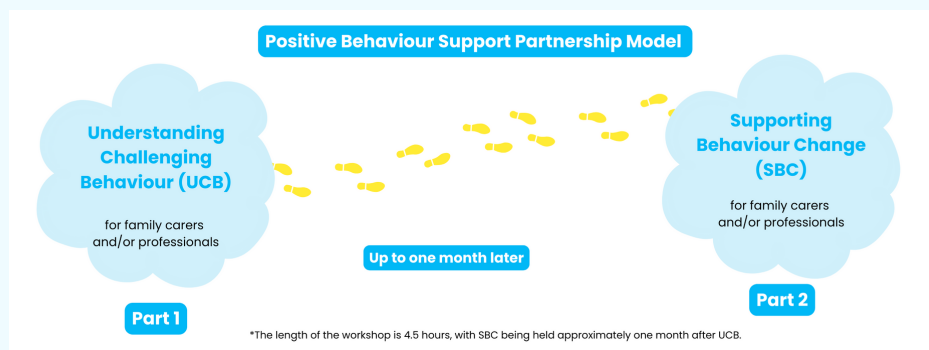
SBC includes proactive and reactive strategies to reduce and prevent challenging behaviour and how to develop a positive behaviour support plan.

UCB and SBC form a two-part workshop set about PBS. The workshops are suitable for both professionals and family carers. The workshops facilitate partnership working, to enable staff and families to work together to identify appropriate individualised behaviour support strategies that can be used consistently in all settings.

The diagram of the workshops format on the next page shows how our working in partnership model works:

#### Takeaways

- **A shared understanding of the reasons for challenging behaviour**
- **Opportunity to discuss tools and strategies with peers/other families**
- **Practical and helpful facilitators and tools to use**



## PBS one day intensive – UCB and SBC combined

Duration: 7 hours

This course is suitable for professionals and paid staff only. The content is a combination of the UCB and SCB courses above and is delivered if organisations have some awareness of positive approaches to supporting behaviour and are unable to release staff for more than one day.

This workshop context is as outlined for UCB & SBC above.

# Trauma Awareness



Duration: 4.5 hours  
Suitable for: Professionals

The trauma awareness workshop, particularly designed for professionals, facilitates an understanding of families' experiences of navigating health, social care and education systems. It explores the factors that contribute to traumatic experiences and encourages professionals to reflect on how their service can prevent or mitigate any further trauma to families.

The workshop consists of film resources, where families talk directly about their traumatic experiences. From "this is what it feels like" to why it happens, the film connects individual experiences to systemic gaps. Participant discussions throughout the workshop are strategically placed to reflect on individual actions that could prevent trauma from occurring.

## Learning Outcomes

- ✓ Understanding reasons for challenging behaviour.
- ✓ Identifying strategies to prevent and reduce challenging behaviour.
- ✓ Practical communication strategies and skills.
- ✓ Enhanced focus on quality of life .
- ✓ Where/how to access ongoing support.
- ✓ How to improve partnership working between families and professionals.

## Takeaways

- A contemporary understanding of trauma
- Coproduction & codelivery takes us on a journey of understanding and reflection
- Inspirational call to action to work collaboratively with families



# Whole Family Approaches



Duration: 4.5 hours  
Suitable for: Professionals

Our whole family approaches workshop is developed for professionals who would value the opportunity to engage in a reflective and practical course to improve practices around family centred approaches. Participants have the opportunity to explore how embedding family-centred approaches enhances a strengths based approach to collaborative working with families.

## Learning Outcomes

- ✓ Explore the lived experience of families navigating a system of support
- ✓ Identify what is a whole family approach and why a family-centred approach is important
- ✓ Understand the concept of Institutionalising parent carer blame: findings from research
- ✓ Identify what working in partnership is like from a family's perspective
- ✓ Consider your role in supporting families, decide what strategies will best suit them

## Takeaways

- **Recognising the benefits of collaborative working to achieving positive outcomes**



Duration: 4.5 hours  
Suitable for: Professionals

# Pica Awareness

The Pica Awareness workshop is specifically designed for professionals/support staff supporting children, young people or adults who have severe learning disabilities and display Pica behaviour (eating inedible objects) and/or polydipsia (drinking fluids).

Research into the causes, assessment and strategies for pica is very limited. The information discussed in the workshop is based on the available research and current clinical practice. The workshop was developed through co-production with family carers with experience of pica. For more information about Pica and Polydipsia, see [our website](#).

## Takeaways

- **Practical understanding of the risks of pica**
- **Assessment and support planning for pica**
- **Opportunities to discuss and problem solve real life scenarios**

## Learning Outcomes

- ✓ Understand reasons for and risks of pica
- ✓ Recognise the importance of vigilance, reporting and recording pica
- ✓ Identify strategies for supporting the person at risk of pica
- ✓ Feel confident in your understanding of pica and to advocate for the person

# Communication and Challenging Behaviour



This workshop is an introduction to the links between communication and its impact on behaviour. This workshop is aimed at anyone who wants to understand how to improve and enhance communication opportunities with individuals with severe learning disabilities and in turn improving their quality of life, choices and inclusion.

This workshop includes what is communication and how to overcome communication difficulties. It provides an understanding of communication and its relationship with behaviours that challenge. It also focuses on a Total Communication approach and explores examples such as: pictures, signing, intensive interaction, digital communication aids and the use of communication passports for people with severe learning disabilities.

## Learning Outcomes

- ✓ Understanding the basic principles of communication
- ✓ An appreciation of a total communication approach
- ✓ Explore strategies and resources to support and enhance communication
- ✓ How to apply the five good communication standards (RCS&LT 2013)

## Takeaways

- **Total communication approaches**
- **Practical resources and strategies to support communication**
- **Understanding and application of different communication techniques**

## Testimony

*I've experienced lots of training before as a social worker and I was aware that given the topic, I would soon know if the providers actually understand and will share and help us to process (experiences). Because all human beings do pass through trauma, I thought coming into today, either they'd get it right or perhaps I wasn't sure what to expect. In that respect, I am glad to say that the training was really informed by shared experiences that valued our humanity. My experience has been wonderful in terms of learning and thinking about what I will do next in my practice with families. It (the workshop) is clearly relevant and I'd like the CBF to come and train more of my colleagues and certainly to speak to more of our families, and get more voices. We just need to listen to each other.*



John, Social Worker

## Cost of Workshop

Workshop	Delivered to	Mode	Charge
Positive Behavioural Support(PBS)	Joint (Professionals & Family Carers) (3 sessions)	In person	£ 4,500
	Joint (Professionals & Family Carers) (3 sessions)	Online	£ 2,500
	Professionals (2 sessions)	In person	£ 3,000
		Online	£ 1,750
	Family Carers (2 sessions)	In person	£ 2,750
		Online	£ 1,500
PBS Intensive	Professional	In person	£ 2,500
PICA (Eating inedible objects)	Professionals	In person	£ 1,750
		Online	£ 1,000
	Family Carers	In person	£ 1,500
		Online	£ 750
Whole Family Approaches	Professionals	In person	£ 1,750
		Online	£ 1,000
Trauma Awareness – Predictable and Preventable	Professionals	In person	£ 2,000
		Online	£ 1,250
Admin support			Contact us
Basic evaluation			Contact us

## Ways to Book

To book a workshop, please email us at [workshops@theecbf.org.uk](mailto:workshops@theecbf.org.uk).



# Additional Information

Please note that the CBF will provide the co-facilitators, workshop materials and presentations, handouts, travel expenses for the trainers and any other information necessary for the workshops.

Additional costs including venue, technical equipment, stationery, refreshments for participants need to be provided by the host organisation. We encourage you to consider travel costs for family carers and replacement care arrangements for family carers as applicable.

# Contact Information

**Contact CBF:**

To enquire more about workshops or book a workshop, please email [workshops@thecbf.org.uk](mailto:workshops@thecbf.org.uk) or Telephone: 01634 838739.