

CBF Training Workshops



Why do we do workshops?

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

How do we do them?

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 person-centred practices reflect both families' and professionals' perspectives. It ensures that all 'theory' translates into practice and facilities.

What makes the CBF workshops effective?

All CBF training workshops are co-produced and co-delivered with a professional and family carer which models a partnership working approach. Our style of delivering the workshops is interactive and engaging: encouraging participation through discussions and activities.

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Having a professional and parent co-facilitate shapes each perspective, having real life examples helps bring things to life.

The discussion on pica was most helpful. I was focused on just one thing, my son eats now I understand pica better. I realise there are other things he eats that I need to think about.

The tools like how to keep track of when it happens and doesn't happen will really help me and my family. The communication passport was amazing, thanks for sharing that and your experiences.



Family Carer

– **Family Carer Testimonies**

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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.

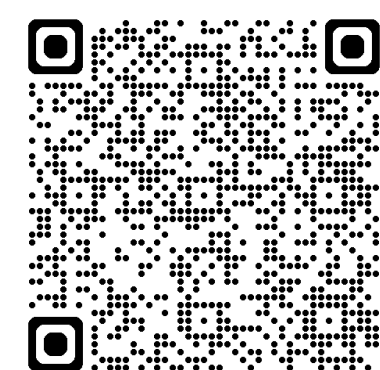
It (the workshop) is clearly relevant and I'd like the CBF to come and train more of my colleagues and certainly to speak to more of our families, and get more voices. We just need to listen to each other.

– **Professionals Testimonies**



John, Social Worker

**Access our 2024
Training Workshops
Brochure here:**



Our Workshops



Positive Behaviour Support (PBS)

Understanding Challenging Behaviour (UCB) and Supporting Behaviour Change (SBC) form a two-part training 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.



Trauma Awareness

The 'Predictable and Preventable' trauma awareness training 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 for families and encourages professionals to reflect on how they can prevent trauma from occurring or re-occurring. 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 practitioner's actions that could prevent trauma from occurring.



Whole Family Approaches

Our whole family approaches workshop is developed for professionals who would value the opportunity to engage in a reflective and practical course to improve practice 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.



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 meet people's communication needs. 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.



Pica Awareness

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