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| Training Information Sheet – Foundation Programme  (to be issued to delegates prior to the workshop) |
| Our courses include a suite of research-led modules on trauma-informed approaches. |
| You have been booked to attend a +ProActive Approaches 4 Day Foundation SEMH course. This document is to offer information on what you can expect from the training and to ensure that you are aware of the different components that make up the course. Please ensure you take time to read the document thoroughly and if it raises any concern for you, speak with your line manager prior to the training. This can include any reasonable adjustments that you feel may support you during the training. If there is a need for reasonable adjustments, please ensure you return this two weeks prior to the training so that arrangements can be made. |
| Values of +ProActive Approaches |
| The philosophy behind +ProActive Approaches is one of understanding, empathy and adopting a child centred pro-active mindset in relation to potential Behaviours of concern. Our goal is to enhance the quality of life for everyone with a compelling emphasis on the benefits of healthy, therapeutic relationships. +ProActive Approaches ethos is firmly based on contemporary theory in relation to understanding behaviour, proactive strategies and de-escalation skills. The course also covers restrictive practices, low arousal responses, low-level guiding & escorting techniques and 1 & 2 person holds\*.  We achieve this by delivering trauma and research-informed education with a strong focus on reducing restrictive practices and restraint (#AimingForZero). +ProActive Approaches draws heavily on latest research, PBS (Positive Behaviour Support) and rights-based frameworks.  \*All physical intervention techniques are independently medically risk assessed. |
| Timings |
| Timings of the course will be advised to you in advance. Please ensure you arrive no less than 15 minutes prior to the start time as this will allow you time to arrive, make a drink, familiarise yourself with the amenities and be sat ready to start at the course start time. This is to ensure that you don’t miss any content. Also, please adhere to the break times given by the trainer. Ensure you are back, ready to re-start at the time specified as small delays regularly occurring add up. It is a full course with lots of content so delays to the start of courses or returning from breaks causes issues for ensuring all content is covered. |
| Your Wellbeing |
| The next few days will be filled with information, some familiar and some new. Either way, regardless of your previous experience working in this sector, you will be exposed to lots of information about subjects that may trigger feelings, memories, or realisations that affect you emotionally. To give you the context behind why traumatised children do what they do, it means that you will gain an awareness of child histories and stories that can be alarming or upsetting. Please be aware that it is fine to take time for yourself should you need to. Alternatively, you may benefit from speaking with your line manager or trainer in confidence prior to or during the training to establish potential trigger points so you are prepared. It is important that you access all the material on the course, but your welfare matters.  Should you wish to report any concerns about the conduct of other delegates or the trainer, this should be done via email to [support@proactiveapproaches.co.uk](mailto:support@proactiveapproaches.co.uk) who will forward it on to the most appropriate senior manager. |
| Overview of Theory Training |
| The Theory training on this course will cover:   * Exploring culture and recognising the need for balance between restraint reduction and Duty of Care * Defining ‘Behaviours’ or ‘Responses’ through a Therapeutic Lens - ACES, Brain Architecture, Neuroscience, Lived Experiences and the significant impact of Attachment, Trauma and Shame * Child Development in the context of understanding children’s responses * Understanding how brain architecture leads to the forming of maladaptive strategies * House Model of Parenting (Golding) – incorporating PACE (Hughes) and SECURE BASE as foundations * Strategies to support the lowering of stress and anxiety using attachment and trauma informed approaches such as Co-regulation, Bottom-up approach (Perry), Sensory Circuits etc * The importance of attuned relationships and relationship repair * De-escalation strategies using trauma-informed therapeutic lens to establish how to meet needs * Understanding the importance of robust post-crisis support for both the child and debrief for adults supporting them – repairs to ruptured relationships and adult well-being, and helping to avoid empathy fatigue |
| Overview of Practical Training (including length of session) |
| The practical training on this course will cover:   * Understanding restrictive practices * The law and legal context for both social care and school settings * DoH Guidance Reducing the Need for Restraint and Restrictive Intervention (June 2019) * The health risks associated with physically holding children (including mechanics of breathing and positional asphyxiation) * Developing the use of low arousal approaches * Low-level guiding and escorting techniques using *+ProActive Building Blocks* *©* * 1 and 2 person holds and breakaways using *+ProActive Building Blocks ©* |
| Brief Description of the nature of the training sessions (including physical requirements) |
| The sessions are a mixture of both theoretical and physical training. It is important to understand essential elements of the theory before attempting the practical components of the course. To support best learning, this is achieved by delivering both elements in bite sized pieces. This ensures that you can remain engaged and attentive throughout both the theory and the physical sessions and reduces both mental and physical fatigue.  Theory sessions will include the use of PowerPoint presentations, videos, group work exercises, discussion and notetaking.  Physical session will include a warmup, demonstrations, coaching and physical practice of all techniques allocated to this course.  Our promise to you:   * Your safety is the Trainer’s priority. * The session will be carried out in a safe manner. * The course is not a competition and it is ok to make mistakes * you will not be singled out for criticism * You will be asked to have a go, within your own capabilities and limits   Your Responsibilities  You have a responsibility for knowing your own limitations in terms of the physical aspects of the course, and not endangering yourself. Therefore, we advise the following:   * It is important to listen to the instructions and guidance that the trainer gives to you which will ensure your welfare and safety. * You will be asked to complete a health questionnaire at the start of the day, whereby any fitness concerns should be disclosed. These will then be discussed with the trainer confidentially and areas for concern identified. * Should you sustain any injury during the course, you are required to report this immediately to the trainer. * You will be asked to remove watches, jewellery and items from pockets. * Trainers will identify any health and safety issues in terms of the physical environment. * There will be an adequate warm up for any physical sessions. * Zero-Resistance throughout practice – For the physical elements of the course, all practice will be carried out with zero-resistance. The reason for this is because you need to have an opportunity to learn the techniques in a controlled learning environment. This means that when practicing, you will allow each other to learn and not fight against techniques being practiced. * All techniques are practised in a standing or occasionally seated position. For you to be able to assess whether you have the suitable fitness level for the technique, it will be demonstrated before you are required to practice the technique. * Some techniques may require you to be able to move from both standing to kneeling and kneeling to a standing position. |
| Any specific Requirements (clothing, footwear, jewellery) |
| * Come prepared to work in close proximity with trainers and colleagues for practice of techniques. It’s the only way you will learn! * Ensure that personal hygiene is maintained throughout the day. Practice can be hot work and close bodily contact is part of the training. Bring deodorant with you if this may be helpful for keeping yourself fresh! * You are expected to wear appropriate clothing in line with carrying out physical activity. We would suggest comfortable trousers such as jogging bottoms and suitable top (not vest tops). Avoid items of clothing with lots of zips, poppers or buttons which could cause injury * We recommend that minimal jewellery is worn to the course as you will be required to remove this prior to the physical sessions. * Non-slip footwear such as trainers would be deemed suitable for this training. * Nails should be short to medium length. Nails can get caught up in clothing and get snagged or torn. Artificial nails and extensions can also cause injury to others. They are not suitable for this line of work and should be maintained to a sensible length. You may be asked to have them removed if they are deemed a risk. |
| Additional Information |
| Course timings and refreshments provision for the course will be issued to you by your in-house training and development team |
| How to find out more information prior to the training event |
| * If you require any further information prior to the training taking place, please contact Michelle at +ProActive Approaches via email: [support@proactiveapproaches.co.uk](mailto:support@proactiveapproaches.co.uk) or tel: 0845 388 6005 who will ensure your questions are answered by the most appropriate colleague. |

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| I confirm that I have read and understood the contents of this document | |
| I have the following requests, additional support needs, concerns or questions regarding my ability to participate in the course and have spoken with my line manager about these. (please put N/A if appropriate) | |
| Name | **Date** |
| Signature | |