



De-Escalation Courses Fostering

The UK number 1 provider of online and face to face training resources specific to the de-escalation courses fostering care sector.

Should you see a course you wish to book please contact us on 0800 774 7874. If you are a Leaving Care employee please contact your agency direct.

1 2 Day Verbal And Physical De-Escalation Fostering



This course covers: your safety, working as a team, non-verbal and verbal de-escalation communication strategies, positive handling techniques, documentation, and legal guidance, listening and learning, recording, reporting, and reviewing. This course is designed for carers who support looked-after children.

The main learning objectives of the course are as follows:

Day 1 of the course covers the following:

- To identify general physiological signs of anger
- To identify common triggers to anger
- To recognise the levels of anger in young people
- To learn appropriate interventions for each level of anger
- Tips to manage your own anger
- Self- protection tips

Day 2 of the course covers the following:

- To understand the law in relation to the use of physical restraint
- To evaluate the risks associated with physical restraint and consider methods to reduce the risks
- To demonstrate non-pain compliant methods of control and how to safely apply them
- To demonstrate methods of control and when they should be used
- To understand the importance of Incident reports and de-briefing for all involved in restraint

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

2 Breakaway Fostering



This course will provide delegates with the knowledge of the basic working principals of the law, including the various health and safety sections and associated regulations, in relation to the use of restrictive physical intervention. The course will cover the risks associated with physical restraint and will demonstrate how to minimise those risks through risk assessment and awareness and compliance with regulations. The course aims to develop the skills and knowledge required to enable learners to safely apply appropriate and effective methods of restraint using primarily non-pain-compliant methods of control.

The main learning objectives of the course are as follows:

- To gain an understanding of the law in relation to the use of physical restraint
- To evaluate the risks associated with physical restraint and consider methods to reduce the risks
- To be able to demonstrate non-pain-compliant methods of control and how to safely apply them
- To demonstrate (where required) more restrictive methods of control and when they should be used
- To understand the importance of incident reports and debriefing for all involved in restraint

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

3 Challenging Behaviour Fostering



This course is designed to impart knowledge to foster carers, with an aim of managing situations safely and reducing stress and anxiety for all involved.

The main learning objectives of the course are as follows:

To identify what behaviour is

To be able to differentiate between challenging behaviour and age appropriate behaviour

To gain an understanding of the nature of challenging behaviour

To track and identify triggers in behaviour with your looked-after child

To clearly, precisely, and objectively describe your looked-after child's behaviour

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

4 De-Escalation Theory Fostering



De-escalation techniques are inherently abnormal. They go against our natural 'fight or flight' reflexes. To be effective, we must remain calm and centred. We need to be professionally detached. Therefore, these skills require practice to become useful. This course has been designed for carers who look after and support vulnerable young people.

The main learning objectives of the course are as follows:

- To identify general physiological signs of anger?
- To identify common triggers to anger
- To be able to recognise the levels of anger
- To learn appropriate interventions for each level of anger
- To know tips to manage your own anger
- To understand methods of self-protection

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

5 Physical Intervention And Breakaway Fostering



This course will provide delegates with the knowledge of the basic working principals of the law, including the various health and safety sections and associated regulations, in relation to the use of restrictive physical intervention. The course will cover the risks associated with physical restraint and will demonstrate how to minimise those risks through risk assessment and awareness and compliance with regulations. The course aims to develop the skills and knowledge required to enable learners to safely apply appropriate and effective methods of restraint using primarily non-pain-compliant methods of control.

The main learning objectives of the course are as follows:

- To be able to identify and make consistent responses to challenging behaviours presented by service users
- To develop an awareness of the needs of young people and reasons for behaviour, both prior to and during episodes of behaviour escalation
- To understand personal responses to situations involving conflict, aggression, and violence
- To develop a range of de-escalation and diffusion techniques appropriate to context
- To recognise the importance of promoting a consistent teamwork approach in responding to the needs of young people

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

6 Positive Behaviour and De-escalation Fostering



This course will assist children to develop socially acceptable behaviour through encouragement and constructive responses by their carers to inappropriate behaviour. This course will allow carers to demonstrate explicit, fair, consistent and reasonable rules for conduct and behaviour. Carers will have an awareness of relevant histories of the child being looked after and will offer a flexible approach to managing behaviour, taking into account the child's age, competence and ability to recognise and understand danger to themselves, others and property.

The main learning objectives of the course are as follows:

- To develop a good understanding of the factors which are likely to influence behaviour.
- To learn about practical strategies to deal with challenging behaviour.
- To take away practical strategies designed to promote positive behaviour.
- To identify good practice models and incorporate these into day to day care.
- To be able to manage interventions proactively with the children and young people in their care.
- To be able to select appropriate strategies to work with the children and young people in their care.
- To be able to deal with the emotions of others as well as their own.
- To understand how relationships, values and beliefs influence our behaviour and reactions.
- To be able to contribute to care plans, based on knowledge of individual's needs.
- To develop an understanding of de-escalation and an awareness of relevant skills and techniques.

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

7 Teenage Challenging Behaviour Fostering



This course will help foster carers to understand the complexities of such behaviours, and will enable them to assess and understand the underlying needs, which can then be addressed through the promotion of alternative constructive behaviours.

The main learning objectives of the course are as follows:

- To define challenging behaviour in regard to teenagers
- To identify types of challenging behaviours
- To identify triggers that lead to these behaviours
- To explore how to effectively deal with these challenging behaviours
- To gain a deeper understanding of the challenging behaviours
- To gain an awareness of strategies to manage challenging behaviour

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

Upon booking this course, we will discuss the learning objectives and outcomes you wish to achieve based on the young people in your care.

We also have an advanced version, which is specifically for designated individuals or seniors.

Should you wish to discuss your needs before making a booking, please go via our live chat..

