

# An introduction to Positive Behaviour Support

## TRAINING WEBINAR

### Aim

Positive Behaviour Support, known as PBS, is a tried and tested way of understanding 'challenging' behaviour in children and adults with learning disabilities or autism. It provides strategies based on this understanding, which aim to reduce the likelihood of the behaviour occurring and improve quality of life for the person and those supporting them.

This webinar provides a clear definition of PBS and describes a model of understanding behaviours of concern. Participants will explore the meaning of behaviour and consider their own role in developing effective support.

### Webinar dates and duration

This is a free 3-session webinar, starting with a one hour 'getting to know each other' session. The second and third session each last 2 hours and participants need to attend all sessions:

Webinar 1: 29<sup>th</sup> September 10am – 11am (Getting to know each other session)

Webinar 2: 30<sup>th</sup> September 11am – 1pm

Webinar 3: 1<sup>st</sup> October 11am – 1.30pm

### Participants

This course is designed for parents and carers of children and adults with learning disabilities or autism who can present with behaviours of concern.

### Objectives

On attending these webinars participants will be able to

- Understand the values and definitions of Positive Behaviour Support (PBS)
- Understand the importance of person-centred approaches and quality of life
- Understand the role of supportive and capable environments
- Understand behaviour and its function

### Assessment

Participants will be asked to complete a short quiz at the end of the third webinar to assess how much information they have retained. Certificates will be issued for attendance.



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