



## Challenging Behaviour (Learning Disabilities)

The term “challenging behaviour” was invented in America in the 1980’s.

It was originally used to describe problematic behaviours in people with learning disabilities.

Challenging behaviour can however occur across the intellectual spectrum, although more prevalent in populations with psychiatric disorders.

### Target Audience

The course is intended for staff who work with individuals who have learning disabilities and may be on the autistic spectrum; and the work involves dealing with challenging behaviours ranging from mild to severe.

### Aims

The aim of the course is for:

- Delegates to be aware of what challenging behaviour is.
- Delegates should understand what body language can signal challenging behaviour.
- Delegates to be aware of the factors that can result in challenging behaviour.
- Delegates to be aware of the management strategies for challenging behaviour.
- Delegates to be aware of the recording systems for challenging behaviour.

### Learning Objectives

Delegates will be able to:

- State the common signs of challenging behaviour.
- State the issues that may result in challenging behaviour.
- State the ways that challenging behaviour can be managed.
- State the ways that challenging behaviour can be recorded.

### Course Duration

6 hours – 1 day

t: **01634 365555**

e: [info@medwaysafety.co.uk](mailto:info@medwaysafety.co.uk)

w: [www.medwaysafety.co.uk](http://www.medwaysafety.co.uk)

25 High Street  
Rainham  
Kent ME8 7HX