



**THINK – ASSESS – NURTURE – KEEP CONTROL**

# T.A.N.K POSITIVE BEHAVIOUR SUPPORT PROGRAMME

**Length: 2 Days | Delivery: Classroom-based training programme**

TANK is our two-day, classroom-based training programme, designed specifically to help people working with children and vulnerable adults, who can often display challenging behaviour whilst in crisis. TANK focuses on developing an understanding of how this behaviour can present itself in the care environment. It provides both theoretical and practical skills to help delegates respond positively employing strategies and interventions that can safely de-escalate situations, minimising the risk to themselves and the young person.

Our highly experienced Trainers are passionately dedicated to reducing the use of physical restraints, and although the use of restraints and physical interventions is included, this is as a last resort, only using these when all other strategies have proved unsuccessful. Delegates are supported to analyse different behaviours, dynamically risk manage situations, considering strategies and interventions to safely manage behaviour. Delegates will analyse and reflect on the relationship between trauma attachment, mood, and behaviour, leading to long-term improvement. The course features group work, practical activities, and discussions to enhance skills' development.

## **Aims and Objectives**

- Interventions which impact positively on the delegate and the people they support
- Demonstrate how to positively reinforce good behaviour
- Reflect on positive and negative consequences of behaviour
- Provide a toolkit that delegates can use to provide safe and meaningful intervention
- Introduce the concept of social reinforcement and how this can work in care and support environments

We can deliver this course at an employer's premises for the full two days, or via blended delivery. subject to minimum numbers. To find out more and see when the next course is running, please visit our website or contact Think Tank Academy on 0151 305 2965, or email [enquiries@thinktank-academy.com](mailto:enquiries@thinktank-academy.com)