

# CPD: Working with Challenging Behaviour in Adults

## Course overview

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Some roles include having to deal with challenging behaviour in care and/or educational settings. This behaviour can be caused by both internal and external factors. In this short course we look at strategies for dealing with challenging behaviour in the moment as well as strategies for managing challenging behaviour longer term.

This workshop is essential for learners on Health and Social Care and Teaching Assistant courses and very helpful for those working in care settings or as Adult Learning Assistants.

## What will I study?

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You will:

- Discuss the different types of behaviour that adults can display
- Discuss factors that may contribute to challenging behaviour
- Discuss how managing adult behaviour differs from managing childrens behaviour
- Explore strategies to manage different types behaviour
- Identify ways to remain calm in different situations

## Assessment method

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You will participate in discussions, activities and Q&A sessions and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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You will be on one of our qualifications courses, work with learners with SEND or have a serious interest in the subject. You will need a solid understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses. You may also wish to progress on to one of our specialist SEND CPD short courses.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722