

## **The Studio3 Train Trainers 5 day Induction Programme**

### **Aim:**

The aim of the week is to prepare prospective trainers to deliver a core three day training course (and other variants) in the management of challenging behaviours. The purpose is to focus participants both on the skills they need to teach and the skills that staff bring to the programme. At the need of the programme participants will be set their first teaching objectives with their assigned mentors.

### **Day One: Introduction to the approach**

Introduction of course participants and discussions of expectations about the training.  
Outline of the Studio3 training programme.  
Description of the three day training courses  
Understanding our values (McIntyre Undercover documentary: Could this happen in Ireland)

### **Day Two: Experiencing and teaching the low arousal approach.**

Participants will experience the delivery of a low arousal philosophy talk.  
Participants to be shown low arousal DVD  
Key discussion of people's personal experiences of using low arousal approaches.  
Debating low arousal approaches with resistant staff teams.  
*'People need firm boundaries'*  
*'The low arousal approach is all about giving in'*.  
Key elements of teaching the approach are discussed.

### **Day 3 Teaching physical interventions**

Why teach them?  
What is the studio3 approach?  
Safety effectiveness and social validity of methods.

Participants will experience physical interventions and in addition be taught how to deliver and teach them

**Day 4: To restrain or not to restrain.**

Participants will be shown video examples of good and bad practice.

Participants will experience good and bad practice.

Teaching the 'walkaround method'

Debating restraint issues

**Day 5 Where do we go from here?**

Use of role play as a teaching tool.

Target setting for individual trainees

Discussion of teaching objectives.

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