# PMVA - Level Two

**What the course covers**:

1. Positive Behaviour Support
2. Managing Challenging Behaviour with Breakaway skills
3. Physical Intervention training (restraint)

Staff will learn about behaviours that challenge and some effective strategies to avoid them.

They will be taught to:

- recognise triggers and cues prior to behaviour escalating
- understand what happens to the human body when faced with fear and conflict
- best to communicate with service users to reduce the likelihood of conflict through de-escalation skills.

Delegates will be taught simple and effective breakaway techniques for both low and high risk situations  when managing behaviours of concern and the laws that govern them.

All teaching is conducted with a constant emphasis on restraint reduction and preventative strategies.

All training is delivered with a constant emphasis on restraint reduction and preventative strategies. We will work with your team to teach Positive Behaviour Support (PBS), Managing Challenging Behaviour, De-escalation, Breakaway Techniques, and how to use Restrictive Physical Interventions (restraint techniques) to safely hold people at risk of harming themselves or others.

All our staff holds teaching and subject-specific qualifications. We are affiliated to, licensed by, and quality assured by Elite Academy

*Practical skills will be taught within the context of the dynamic risk assessment and the focus of the techniques taught will vary on the organisational needs (e.g. primary school setting will be different to adult mental health).*