



Behavioral Health Sciences Institute

POSITIVE BEHAVIORAL SUPPORTS OUTLINE

Arranged in eight modules, this training is appropriate for regular education and special education staff. Contents include:

Module 1: UNDERSTANDING BEHAVIOR

Be able to identify factors that can influence students' behaviors. Develop an understanding that behaviors have meaning, serve a purpose and can be predictable. Learn the effects of trauma and the 5 primary behavior motivators.

Module 2: DEVELOPMENTAL NEEDS OF CHILDREN AND YOUTH

Be able to describe how needs change with stages of development and how to organize and plan for these varying needs. Describe how emotional processing occurs and how self-esteem issues and coping skills develop.

Module 3: BUILDING SELF-AWARENESS

Be able to recognize the factors that impact each of our individual behavior management styles. Identify and understand your own response to problem behaviors and crises, as well as responses that de-fuse or aggravate the situation.

Module 4: COMMUNICATION SKILLS

Be able to identify the factors that interfere with communication as well as strategies for communicating effectively, including active listening skills and supportive responses.

Module 5: PREVENTION STRATEGIES

Be able to identify classroom features that can affect students' behaviors and discuss strategies designed to prevent problem behaviors, including skill building and teaching new behaviors.

Module 6: BEHAVIORAL INTERVENTIONS

Be able to identify the specific functions of a positive behavioral support system, principles of de-escalation, and the array of choices provided through a hierarchy of behavioral interventions. Specific emphasis is given to limit setting, consequences and reinforcers.

Module 7: CONFLICT RESOLUTION

Be able to discuss and demonstrate conflict resolution techniques that are based on respect and that seek solutions that meet the needs of all involved parties.

Module 8: MANAGING AGGRESSIVE BEHAVIORS

Be able to demonstrate safe and effective methods for therapeutic holding. (Modules 1–7 are prerequisites for this module.)

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