

# Be Inspired -

Free Zoom workshops for 2022



KDC are proud to offer a set of three sessions about *“behaviours that challenge”*

- The Importance of Belonging
- Beyond Behaviour
- Upside Down and Inside Out: Supporting a Person in Crisis

The sessions are free to all Direct Payments employers, family members and Personal Assistants in Knowsley and will be delivered by David Pitonyak

## About David

David is an inspirational speaker and well known and respected for his work around supporting people with challenging or difficult behaviour.

David has kindly agreed with KDC to share his work over ZOOM from his home in America. Find more about David by going to his web site [www.dimagine.com](http://www.dimagine.com)

*The largest part of my work involves meeting individuals who are said to exhibit “difficult behaviours.” Most of these individuals exhibit difficult behaviours because they are misunderstood and/or because they are living lives that don’t make sense.*

*You might say their behaviours are “messages” which can tell us important things about their lives. Learning to listen to an individual’s difficult behaviours is the first step in helping the individual to find a new (and healthier) story*



## How to book your place

Email: [info@kdc.org.uk](mailto:info@kdc.org.uk) with the details of the session listed overleaf that you would like to book on to, the KDC team will send you the ZOOM link nearer the time of the session. Alternatively, telephone David on 0151 480 4090 to book.

Funded by



Skills for Care

Skills for Care helps create a well-led, skilled and valued adult social care workforce.

## How are courses going to be delivered?

All sessions will be online on ZOOM.

ZOOM is free to download and easy to use, all you need is an internet connection on a laptop, smart phone or tablet.

You can turn your camera off if you wish, that is ok

## Will I get a certificate??

After you have attended any session you will receive a certificate of attendance

## Will I be paid for completing the training?

Yes, the sessions are funded by Skills for Care. Once you have completed the session you will be paid 3 hours per session at your usual basic pay. KDC will add the costs into your employer's budget.



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## Course overviews, dates and times

### The Importance of Belonging:

**When: Wednesday 16 February 2022 Time: 2pm – 5pm**

Being connected to the people we love is critical to our emotional and physical well-being. Many people experiencing our services are sick from loneliness. At the conclusion of the workshop, participants will have developed knowledge in the following areas

- The impact of loneliness in the lives of people who experience disabilities, particularly as it relates to difficult behaviours
- The importance of going home to the people we love as an important organising strategy for helping people to develop relationships
- Strategies for helping people who are lonely to develop enduring, freely chosen, positive relationships
- Problem-solving strategies for times when relationships are unbalanced or slow in developing.

### Beyond “Behaviour “: Supporting confidence, competence and a sense of well-being

**When: Wednesday 16 March 2022. Time: 2pm – 5pm**

At the conclusion of the session, participants will have developed knowledge in the following areas

- Determining what people may be communicating through their difficult behaviours
- The role of physiological or psychiatric needs in the development of difficult behaviours
- the importance of asking critical quality of life questions in building a support plan
- Ways to support an individual in crisis.

### Upside Down and Inside Out: Supporting a Person in Crisis

**When: Tuesday 5 April 2022. Time: 2pm – 5pm**

This session examines the strategies for supporting a person in crisis and will focus on specific physiological changes that overcome a person in distress, and strategies that make sense for the person and his or her Personal Assistants.

At the conclusion of the session, participants will have developed knowledge in the following areas

- Understanding the reasons why a person may be in and out of crisis
- Developing supports that assure the person's safety and the safety of others
- Developing supports for the person's supporters
- The physiology of aggression: What happens to the body in the presence of threat
- Building a support plan that focuses on quality of life issues.