

Course Outline



Safe & dignified breakaway & Disengagement training

Course duration 1 day (6 hours) or Shorter 'Bitesize' 4 hour workshop available.

This training course is designed for support staff working in care settings or in other areas of social care. It is designed to provide and teach appropriate disengagement / breakaway techniques in order to better-manage and escape from unwanted physical contact whilst maintaining the dignity and safety of the service user.

This training supports delegates to better understand potential psychiatric / neurological disorders and other potential environmental factors that may be antecedent to challenging behaviour. It is delivered by a psychology / psychiatry-qualified consultant with high level skills in physical interventions. The workshop is dedicated to supporting organisations manage staff wellbeing whilst maintaining the dignity and wellbeing of vulnerable patients in their care.

Staff safety, client dignity and minimisation of harm are the foundations to this training. The training can be delivered in a bitesize four-hour event that provides staff with basic safe disengagements skills or can be extended into a full-day workshop that provides staff with a more detailed overview of psychiatric disorders and how to recognise clinical factors that may be driving disinhibition behaviours.



This training recognises the dignity, safety needs and vulnerabilities of service users / patients at all times.

The following key (safe) breakaway techniques are included:

Disengagements from:

- Wrist / lower arm holds;
- More complex limb holds;
- Thumb holds;
- Clothing holds;
- Throat holds;
- Hair holds;
- Holds from the rear;
- Safer supported moving techniques;
- Guidelines for recording the use of disengaging physical interventions

The following key issues are addressed in the training:

- Potential psychiatric causes of behaviour- Depression, Delirium, Psychosis, Mania etc;
- Neurological issues - Dementia Syndromes;
- Supporting and balancing patient rights with staffs' rights to safety.
- Calming and de-escalating communications to minimise conflict.

Course outline at a glance:

■ Safe and appropriate breakaway techniques that balance staffs' rights with employers' obligations. Prioritising staff & service user dignity and recognising service user vulnerabilities at all times.

- Wrist / lower arm holds;
- More complex limb holds;
- Thumb holds;
- Clothing holds;
- Throat holds;
- Hair holds;
- Holds from the rear;
- Safer supported moving techniques
- Calming and de-escalating communications to minimise conflict.

■ Better understanding the potential psychological, psychiatric and neurological antecedents to behaviour and escalating concerns to management;

■ Guidelines for recording the use of disengaging physical interventions

Full day also course provides:

■ A more detailed focus on psychological psychiatric and neurological antecedents to disinhibition behaviours to improve service user safety and wellbeing.



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