



Managing Challenging Behaviours and Trauma Informed Care

CRAMLI Psychological and Behavioural Services



What are challenging behaviours?

Challenging Behaviours are?

Challenging behaviour is any **behaviour** that causes significant distress or danger to the person of concern or others. It can include an outburst of aggression or resistant type **behaviour** by people.



Why does challenging behaviour occur?

Behaviour is a form of communication

- What are they communicating??

Behaviour is a form of communicating needs or wants in response to an environment.



Effects of Challenging Behaviours

Inclusive education aims to provide all students, regardless of their abilities or disabilities, with **equitable access to education within mainstream classrooms**. When it comes to challenging behaviours within inclusive settings, there are several effects and considerations to take into account.

What could they be?

Impact on Learning Environment: Challenging behaviours can disrupt the learning environment.

Teacher Stress and Burnout: Managing challenging behaviours can be emotionally and physically taxing for teachers.

Social and Emotional Development: Challenging behaviors can affect not only academic progress but also social and emotional development.

Individualized Support: Inclusive education recognizes the diverse needs of students and emphasizes the importance of individualized support. Addressing challenging behaviours requires understanding the underlying causes.

Promoting Positive Behaviour: Instead of focusing solely on addressing challenging behaviours, inclusive education also emphasizes the importance of promoting positive behaviour and social skills.

Equity and Inclusion: Inclusive education aims to create environments where all students feel valued and included. However, challenging behaviours can create barriers to inclusion...how??

Challenging behaviours can create barriers to inclusion?



Social dynamic

Safety concerns

Communication breakdown

Resource allocation

Negative stereotyping

So, why do behaviours occur? – what is the function?

TO GET
SOMETHING

TO GET AWAY
FROM SOMETHING

Function of
Behaviour

Does the behaviour occur because???

Attention seeking



Power and control



Escape



Attention seeking



Tangible



Fear of failure



Sensory



Revenge





The three “E’s” of trauma:

An **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects**.

Incorporating empathy, education, and empowerment into your approach, you can better support individuals who have experienced trauma or are displaying challenging behaviours.

- Understanding trauma is not just about acquiring knowledge. Its about changing the way you view the world.
- It's about changing the helping paradigm from “What is wrong with you?” to “What happened to you?”

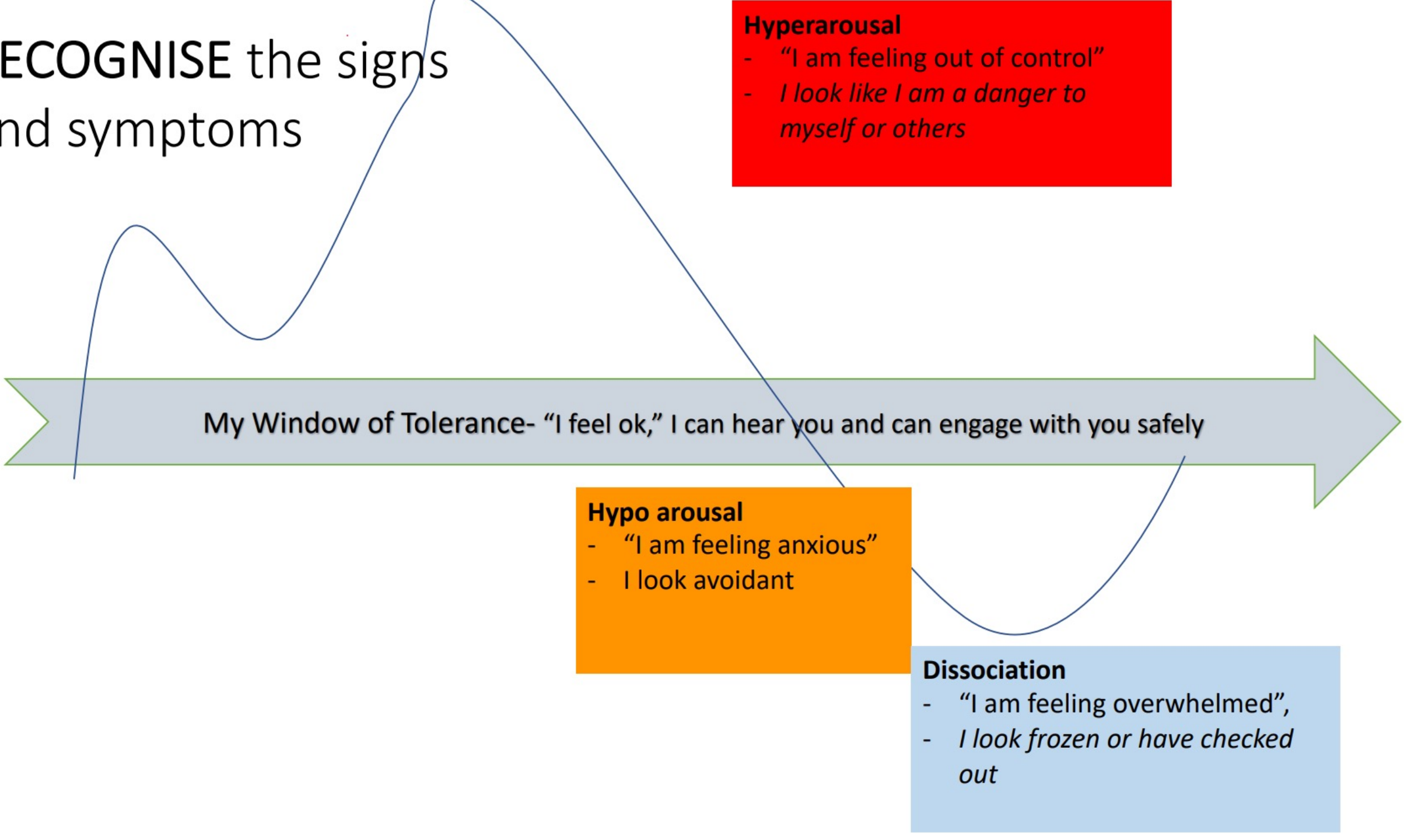
Sandra Bloom, 2007



RECOGNISE the signs and symptoms

Hyperarousal

- "I am feeling out of control"
- *I look like I am a danger to myself or others*



My Window of Tolerance- "I feel ok," I can hear you and can engage with you safely

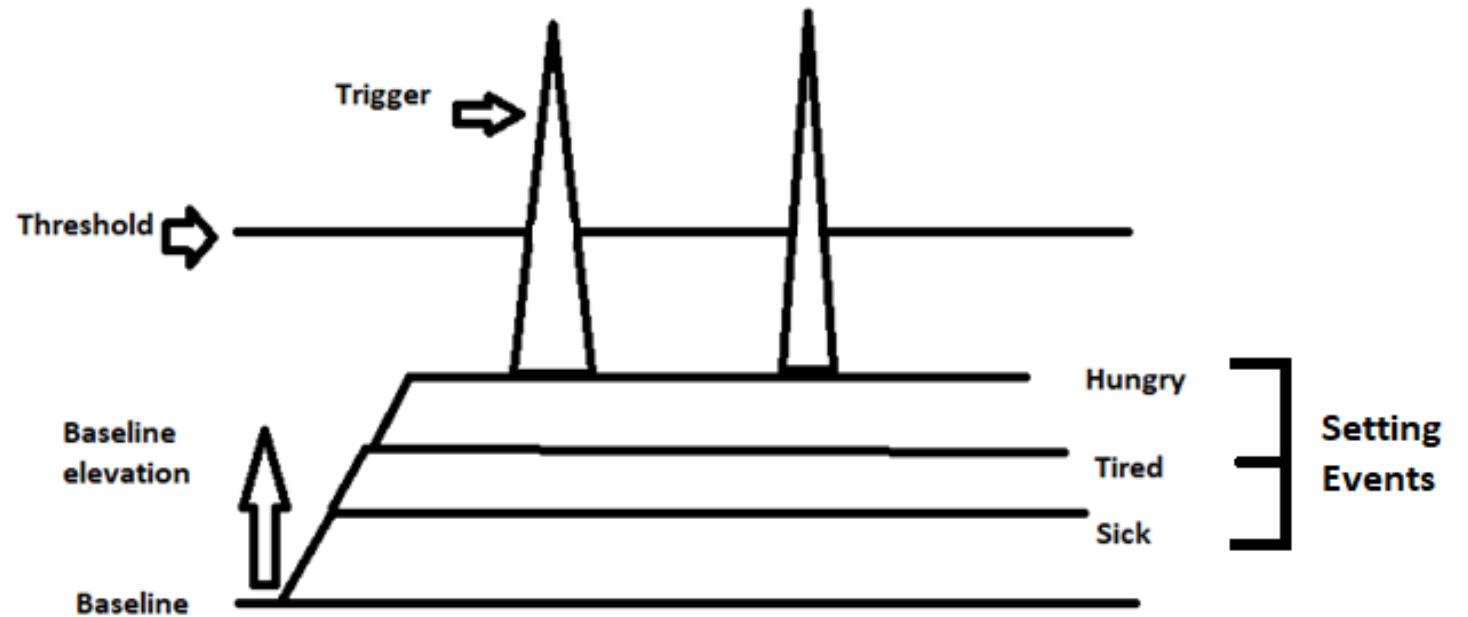
Hypo arousal

- "I am feeling anxious"
- I look avoidant

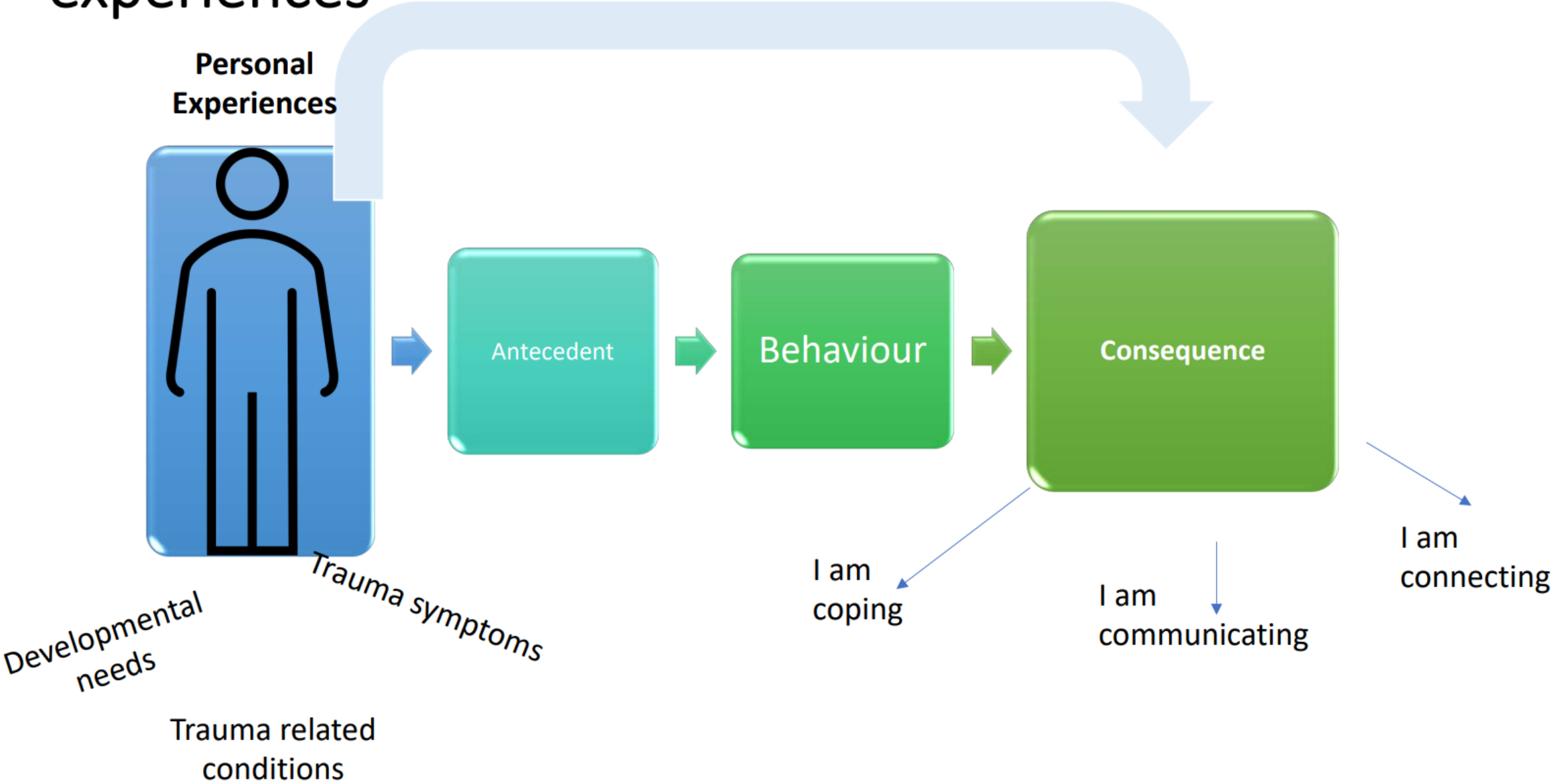
Dissociation

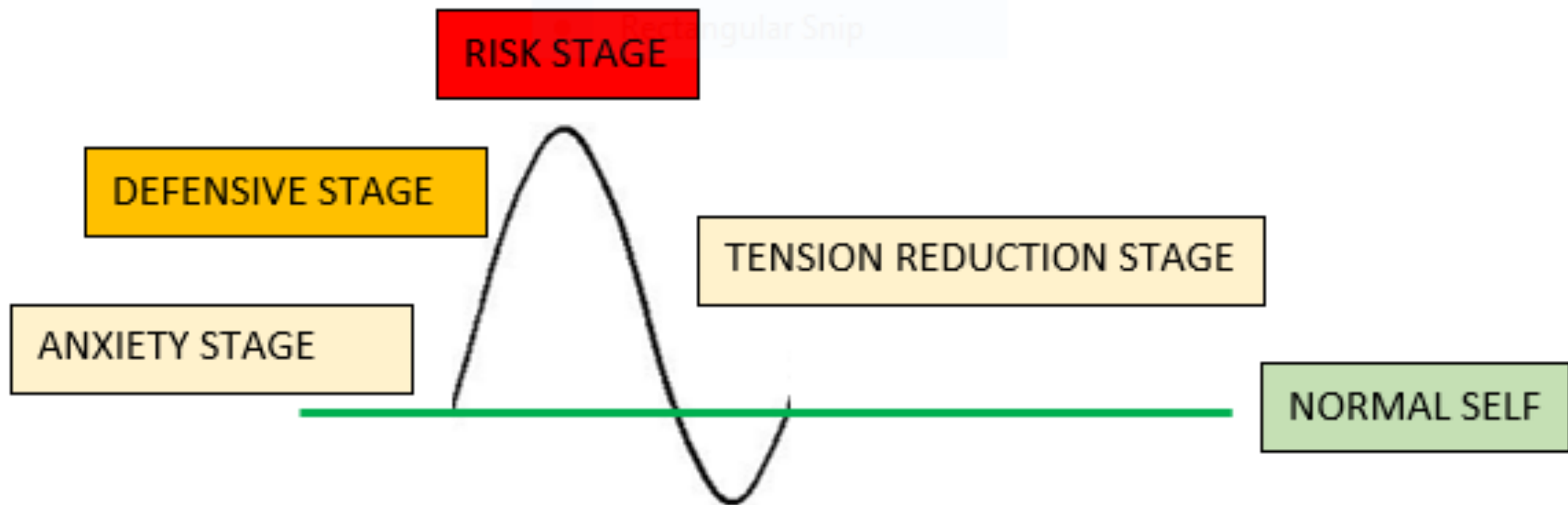
- "I am feeling overwhelmed",
- *I look frozen or have checked out*

Setting events – Triggers – Behaviours



RESPOND to the person's needs in context of their experiences







Integrated Experience



Crisis Development/Behaviour Levels

1. Anxiety

2. Defensive

3. Risk Behaviour

4. Tension Reduction

Staff Attitudes/Approaches

1. Supportive

2. Directive

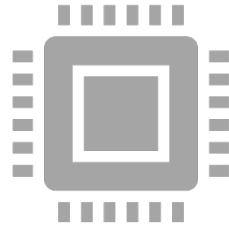
3. Safety Interventions

4. Therapeutic Rapport

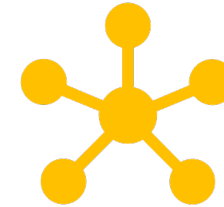
IMPORTANT MESSAGE



Safety and Stability



Processing

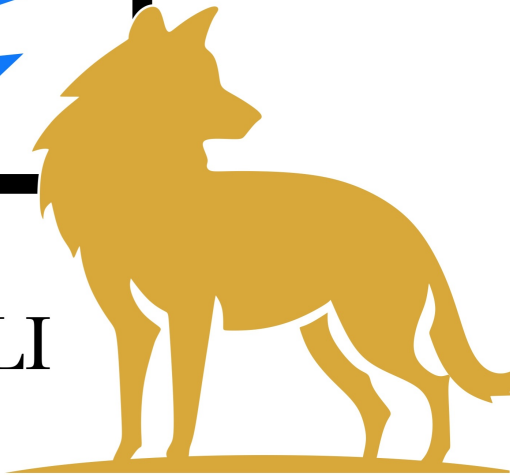


Integration

Thank You!!



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