What we do

PRICE Training provides training and support that seeks to support participant's practice and confidence through knowledge, skills and effective techniques that promote a restraint reduction culture.

PRICE Training is certified by the Restraint Reduction Network for use in the social care, education and health sectors across a range of populations working with children and adults. Services we support include those working with people with special educational needs, social, emotional and mental health needs, learning disabilities, mental health, people with autism, dementia and those with acquired brain injuries.

Strong theoretical base

With a knowledge base rooted in Positive Behaviour Support and Trauma Informed Approaches, our courses provide a human rights and child-centred framework that recognises the importance of promoting dignity, choice and inclusion for those being supported. Coupled with a range of primary, secondary and tertiary strategies, PRICE Training supports organisations to make sense of behaviour and respond positively to reduce the use of restraint.

Our course programmes are designed based on rigorous Training Needs Analysis to ensure staff/ participants receive training which is specific to the needs of the people they are supporting.

Bespoke programmes ensure participants will be able to identify and make consistent responses to behaviours of concern by:

• Developing an awareness of the needs of those being supported and reasons for behaviour

• Understanding personal responses to situations involving conflict, aggression and violence

• Gaining a knowledge base rooted in PBS and trauma informed approaches

• Learning a range of de-escalation and defusion techniques appropriate to context (primary, secondary and tertiary strategies)

• Working within a human rights and child-centred framework, promoting dignity, choice and inclusion

• Recognising the importance of promoting a consistent teamwork approach

• Exploring legislation and policy guidance

• Having an awareness of gender and cultural issues in relation to developing individual behaviour support plans

• Exploring the risks surrounding and associated with restrictive and non-restrictive practices

• Developing a range of reactive strategies to safely de-escalate situations of potential risk

• Becoming skilled and competent in a relevant range of non-restrictive, low arousal and breakaway techniques as well as 1 and 2 person holds (where applicable)

• Becoming skilled and competent in a number of small person holds for children in key stage 1 & 2 (where applicable)

• Learning strategies for restoring the environment post-incident

• Developing an understanding of and making a commitment to restraint reduction both as an individual and as an organisation

Effective techniques to keep people safe

All our techniques are safe and effective. We understand the level of responsibility that goes along with any decision to physically hold another person. Our training focusses on developing skills and strategies that minimise the use of restrictive practices like restraint, whilst also ensuring workers are trained to do this safely (as an absolute last resort), where it may be required to keep people safe.

All our physical techniques have undergone a rigorous biomechanical, anatomical and psychological assessment undertaken by a team of independent experts and ratified by the RRN (Restraint Reduction Network) certification process.

We are the only provider to have developed a number of physical holds specifically designed for key stage 1 & 2 pupils; holds that are safe, low-level (but effective) and offer an emotional containment like any parent/carer would hope to provide to their own children at a time of distress and upset.