

Understanding the difference between training that includes restrictive practices and Positive Behaviour Support (PBS) training

Skills for Care, Bild Association of Certified Training (ACT) and the Restraint Reduction Network (RRN) coproduced this statement to clarify the difference between the Skills for Care PBS peer review process and the ACT certification of training that includes a restrictive component as complying with the RRN Training Standards.

The main aim of positive behaviour support (PBS) is to improve the quality of people's lives. [Good positive behaviour support](#) focusses on developing capable environments, that meet people's needs, so that they can thrive.

Skills for Care have set up a peer review process to support quality assurance of PBS training as there were concerns about the variability in quality of some courses. The peer review is uses the [PBS Academy UK Standards for Training](#) which reference the [PBS Competence Framework](#) both of which were developed by the PBS Academy.



When applying for funding through the Department for Health and Social Care, organisations wishing to commission PBS training should refer to the Skills for Care [PBS Peer Review Scheme](#).

Good quality, person centred support that improves quality of life is largely incompatible with the use of restrictive practices, as all forms of restrictive practice can result in harm. There are very few, limited, instances where restrictive practices are necessary to prevent harm and, where restrictive practices are imposed, [they must meet the requirements of the Human Rights Act](#).

The [RRN Training Standards](#) were published in 2019 due to cross sector concerns about the quality and safety of some restraint training programmes and that they were overly focused on technical skills acquisition rather than protection of people's human rights and prevention.

If a health or social care organisation wants to commission training that includes physical interventions (restraint), [they must seek training certified by Bild ACT](#) as meeting the [RRN Training Standards](#).

It is important that organisations recognise that positive behaviour support training and physical intervention (restraint) training are two distinct things. The conflation of these risks organisations unintentionally sanctioning the use of restrictive practices. It further risks misrepresenting positive behaviour support and diluting its underpinning theory and evidence base.

	Training that includes restrictive practices that is certified as complying with RRN Training Standards	PBS peer reviewed provider
Who provides Quality Assurance?		
What is quality assured?	Training that includes restrictive practices	PBS training
How is it quality assured?	Certification (UKAS accredited)	Peer review
What standards is quality assurance based on?	Restraint Reduction Network Training Standards	PBS Academy UK's training and practitioner standards and competence framework
Website (list of quality assured training)	Bild ACT	Skills for Care PBS information and reviewed learning provider list