

Tutor Session Plan

Part one 10:30am to 11:55am

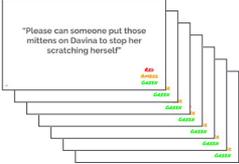
LET'S TALK ABOUT Restraints

Time	Section	Details	Slides	Resources
10:30	INTRODUCTION 15 minutes	All present introduce themselves		<ul style="list-style-type: none"> Participant session plan (1 per person) Background information (1 per person)
10:35		Aims of this session Provide contextual background.		
10:40		Learning outcomes Work through list.		
10:45		Ground rules Work through list.		
10:45	DEFINING RESTRAINT 30 minutes	What comes to mind when you hear the word restraint? Trainer-led discussion. Write answers on flip chart.		<ul style="list-style-type: none"> Flipchart Pen
10:50		Our definition Present the text.		
10:55		Types of restraint Work through list.		
11:00		A Human Rights Issue Present the text.		
11:05		Video Watch the embedded Youtube video.		
11:15	POWER IMBALANCE 25 minutes	Feeling powerless Split participants into small groups, as convenient. Encourage them to discuss how being powerless makes us feel. After 5 minutes get everyone to feedback feelings to the room.		<ul style="list-style-type: none"> Flipchart Pen
11:20		Feeling in control Participants return to groups. Encourage them to discuss how being in control makes us feel. After 5 minutes get everyone to feedback feelings to the room.		
11:25		Pull together the discussion to focus on the imbalance in the PA / employer relationship and the relevance to restraint.		
11:30				
11:35				
11:40	SHORT BREAK 15 minutes			<ul style="list-style-type: none"> Tea (optional) Coffee (optional) Biscuits (optional)
11:45				
11:50				
11:55				

Tutor Session Plan

Part two 11:55am to 1:00pm

LET'S TALK ABOUT Restraints

Time	Section	Details	Slides	Resources
11:55	TRAFFIC LIGHTS 25 minutes			
12:00		Explain the traffic light principle.		
12:05		Click through slides, encouraging participants to call out what colour they think applies. Encourage people to explain their reasoning.		
12:10		Keep an eye on time. Work through as many slides as time allows.		
12:15				
12:20	CASE STUDIES 25 minutes	Divide the room into 3 groups.		
12:25		Provide each group with a printed case study. Encourage them to discuss their case for 5 minutes, focussing on the questions on the sheet.		
12:30		Case Study 1 Group feeds back key points. Open up to wider discussion.		<ul style="list-style-type: none"> • Case study 01 handout (x1) • Case study 02 handout (x1) • Case study 03 handout (x1)
12:35		Case Study 2 Group feeds back key points. Open up to wider discussion.		<ul style="list-style-type: none"> • Flipchart • Pen
12:40	Case Study 3 Group feeds back key points. Open up to wider discussion.			
12:45	MOVING FORWARD 15 minutes	Personal Action Plan Participants to consider what action they will take following the training		
12:50		Further reading Prompt to visit website		<ul style="list-style-type: none"> • Action plan handouts (1 per person) • Certificates (1 per person)
12:55		Thank you Draw session to close. Certificates to be completed		
1.00		Evaluation (optional) After session, invite participants to volunteer an evaluation. Feed any useful information back to us.		<ul style="list-style-type: none"> • Evaluation sheets (1 per person)