

Tutor Session Plan

Part one 1:00pm to 2:25pm




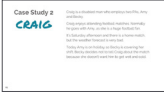

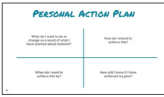


LET'S TALK ABOUT Restraints

Time	Section	Details	Slides	Resources
1:00	INTRODUCTION 15 minutes	All present introduce themselves		<ul style="list-style-type: none"> Participant session plan (1 per person) Background information (1 per person)
1:05		Aims of this session Provide contextual background.		
1:10		Learning outcomes Work through list.		
1:15		Ground rules Work through list.		
1:20	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
1:25		Our definition Present the text.		
1:30		Types of restraint Work through list.		
1:35		A Human Rights Issue Present the text.		
1:40		Video Watch the embedded Youtube video.		
1:45		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.	
1:50	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.			
1:55	Pull together the discussion to focus on the imbalance in the PA / employer relationship and the relevance to restraint.			
2:00				
2:05				
2:10	SHORT BREAK 15 minutes			<ul style="list-style-type: none"> Tea (optional) Coffee (optional) Biscuits (optional)
2:15				
2:20				
2:25				

Tutor Session Plan

Part two 2:25pm to 3:30pm

LET'S TALK ABOUT Restraints

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