

A Studio 3 Web-Based Conference

'Creating a Restraint-Free Culture' | Tuesday 3rd November 2020 | 1pm – 7pm* GMT

**Please note that this web conference will start at a later time than usual to accommodate North American delegates*

The Studio 3 organisation are world leaders in applying the Low Arousal Approach to create restriction-free and empowered lives for the people we support. A hotly contested debate is about the use of coercive strategies such as physical restraint and seclusion. The last 20 years has witnessed a consensus in many fields that restrictive practices must be reduced. This conference will argue that we are setting the bar too low, and that our goal should to eradicate and eliminate restraint and seclusion from all care environments.

This event is inclusive, and is open to educational staff, mental health practitioners, carers, families, and other professional groups. The full day event will consist of three presentations followed by an interactive discussion. This will be hosted on the live webinar system Zoom, and allow participants to ask the speakers questions to be answered in real time.

This event is offered in conjunction with our October web conference, 'Are We Asking the Right Questions About Behaviour?' For an exclusive deal on these two conferences, contact admin@studio3.org.

Speakers

Professor Andrew McDonnell

Clinical Psychologist, CEO Studio 3



Andy's work focuses on the impact of stress reduction on well-being for both carers and distressed individuals. Andy is the originator of the Low Arousal Approach, a method for managing behaviour of concern and reducing overall stress in an individual's environment. Andy is passionate about not only reducing the use of restrictive practices, but eliminating them from caring environments.

Gareth D. Morewood

Educational Adviser, Studio 3



Gareth has 25 years of experience working in U.K. schools, and has extensive 'front-line' experience supporting schools, families and working directly with young people in the U.K. and abroad - most recently Chile, Dubai, Portugal, Scandinavia and Ireland. Gareth will be speaking about alternatives to restraint and seclusion in learning environments.

Dr. Rebecca Fish

Researcher at the Centre for Disability Research (CeDR)



Dr Rebecca Fish has been doing research with people with learning disabilities since 1997. Recently, her research has explored the experiences of women with learning disabilities on locked wards. She has presented her work in Norway, Sweden and Denmark, and was a keynote speaker at the 2019 Restraint Reduction Network conference in Bristol.

Schedule

13:00 - 13:15: Welcome Address

Delegates are welcomed to the online conference and the schedule for the day is explained.

13:15 - 14:45: Professor Andrew McDonnell on 'Dare to Dream: Restraint and Seclusion Eradication, The True Goal'

Professor Andrew McDonnell presents on eliminating restrictive practices from caring environments using Low Arousal Approaches. This will be followed by up to 30 minutes interactive answer period with live questions from delegates.

14:45 - 15:00: Break

A small break for refreshments and snacks.

15:00 - 16:30: Gareth D. Morewood on 'Making Restraint and Seclusion a Thing of the Past in Education'

Gareth Morewood presents on creating thriving learning environments without the use of restrictive practices. This will be followed by up to 30 minutes interactive answer session with live questions from delegates.

16:30 - 17:00: Break

A short break for delegates and speakers.

17:00 - 18:30: Dr. Rebecca Fish on 'The Gender Gap: Listening to and Learning from Women's Experiences of Restraint'

Dr Rebecca Fish presents research on women's experiences of restraint and seclusion. This will be followed by up to 30 minutes of interactive questions and answers from delegates.

18:30 - 19:00: Closing Address and Panel Discussion

A discussion between panellists with questions from the audience.

Book Now!

The cost of this web-based conference alone is £28 (per person, including VAT).
Follow this link to book now:

https://zoom.us/webinar/register/WN_xQtgNb4EQoqigvpVVf_6vQ

Alternatively, book this conference and the preceding October conference, 'Are We Asking the Right Questions About Behaviour?', for just £40 in total. To claim this discount, please contact admin@studio3.org directly, or call 01225 334 111.