

TRANSCRIPT: Building positive relationships (2a): Sherbourne developmental movement

Gavin Lyons

When dealing with challenging behaviour, the best way to deal with that is to have that positive relationship.

There's lots of ways we want to try and develop those relationships and, chiefly, it's about sharing positive experiences and so, to a certain extent, we've got to go into their world a bit more 'cause we've got to find the things that they enjoy and then share them with them.

One that was recommended to us was Sherborne. That's all about movement and interaction. It relies heavily on non-verbal communication, which is great because you're not putting any sort of demands on the students.

We're also developing lots of trust and confidence in somebody else because you're having to rely on the other person for some of the movements.

They have to work together to do some of the movements, so it's all about building relationships really and then just having a bit of fun.