

Video transcript for “Supporting behaviours that challenge’ workshop - Parent testimonial (2 of 2)’

0:00:00.000,0:00:05.280

Okay. So, can you tell me what were you worried about before joining the workshop?

0:00:05.280,0:00:13.040

So when I you know was introduced about this workshop, I had a few concern, a lot of concern,

0:00:13.040,0:00:20.520

about my son because we had a meeting over there in the Reading, you know, there, about

0:00:20.520,0:00:25.600

my son, that he's having a lot of panic attacks and, you know, anxiety issues.

0:00:25.600,0:00:32.080

So, I didn't know how to, you know, pinpoint his triggers and how to work on those things. So

0:00:32.080,0:00:37.360

when then you introduced me about that, you know, workshop that I should join it, first

0:00:37.360,0:00:43.280

I thought the only option we have to go for the medication, to deal with that, you know, anxiety

0:00:43.280,0:00:48.920

but as soon as I joined it, that definitely helped me a lot to understand a lot of things.

0:00:48.920,0:00:54.989

Fantastic. Thank you. And how did you feel after meeting the parents and the facilitators

0:00:54.989,0:00:56.822

when you first joined the workshop?

0:00:56.822,0:01:00.888

So, I was a bit worried and anxious what's going to happen in the,

0:01:00.920,0:01:06.480

you know, workshop is going to be, you know, very, you know, strict one where we don't have to, you know,

0:01:06.480,0:01:11.480

but we had to share a lot of personal experiences. I got to learn about other parents',

0:01:11.480,0:01:17.920

you know, experiences. That helped me a lot to, you know, implement those ideas in my, you know, life

0:01:17.920,0:01:24.800

to when or where I was facing, you know, problems with my child so it definitely did give me a lot of ideas

0:01:24.800,0:01:30.120

and definitely we had a very, you know, friendly environment during that, you know, workshops so

0:01:30.120,0:01:37.480

that definitely changed my idea of workshops that, you know, it's very, not a very, you know, a strict way of

0:01:37.480,0:01:42.880

explaining things and all, but it's just very,
very, very calming and, you know,

0:01:42.880,0:01:45.046

in a very friendly environment
that all happened.

0:01:45.046,0:01:48.079

So it made you feel quite comfortable
when you were attending?

0:01:48.080,0:01:55.377

That's really important. Thank you. And what did
you find helpful and what did you learn during the workshop?

0:01:55.377,0:02:02.200

So I, my, you know, three of the goals
were to understand, you know, how I can pinpoint my

0:02:02.200,0:02:10.360

son's, you know, triggers and how to, you know,
use strategies to work on those triggers and

0:02:10.360,0:02:16.120

one of the, you know, anxiety, the biggest thing was to
how to control his anxiety and panic attacks.

0:02:16.840,0:02:23.200

So, over the time period I learned to know about
the triggers and what are fast triggers, low triggers,

0:02:23.200,0:02:30.280

and what are the functions behind it, and especially,
you know, how to, you know, being proactive or

0:02:30.280,0:02:36.000

active during when it starts escalating,
before, you know, it reaches up to the point where

0:02:36.000,0:02:41.200

we can't control things but how to, you know,
manage those things before time. So, definitely

0:02:42.120,0:02:47.720

do the, you know, workshop. I got to
learn a lot of things to, you know, implement

0:02:47.720,0:02:49.033

in daily life. So, yeah. definitely.

0:02:49.033,0:02:54.166

And the strategies and interventions have helped with
you and your son and your family.

0:02:54.166,0:02:56.032

Definitely, it helped me a lot.

0:02:56.032,0:03:01.264

How do you think the workshop has changed things, overall, for you and your child?

0:03:01.264,0:03:07.096

So, I mean, as soon as we started the workshop,
me and my husband,

0:03:07.096,0:03:11.880

we discussed everything because
we, you know, we have faced a lot of things

0:03:11.880,0:03:17.840

over the time periods, and we implemented
those strategies, especially, we had

0:03:17.840,0:03:22.880

to know that what was the triggers behind it,
what was, you know, escalating his behaviour?

0:03:23.440,0:03:30.400

So, as we had, when we, you know, got those
triggers then we, you know, sat down and we,

0:03:30.400,0:03:35.600

you know, worked on those strategies, how
we can, you know, try to overcome those,

0:03:35.600,0:03:41.520

you know, triggers, how to control, how to, you
know, work on those things. So, then I mean,

0:03:42.680,0:03:50.080

you know, these, when we implement those things
and so that definitely you know changed our,

0:03:50.600,0:03:54.254

you know, how to, you know,
deal with those problems.

0:03:54.254,0:03:57.453

So, have they become sort of daily routines
now, would you say?

0:03:57.480,0:04:03.120

Yeah. Yeah. Yeah. I mean, definitely, we
haven't seen any, you know, escalated behaviour

0:04:03.840,0:04:07.418

from the last, I would say, six weeks.

0:04:07.418,0:04:08.417

That's amazing.

0:04:08.417,0:04:15.949

Yeah. Definitely. there's no, any, you know, problem or, there was some issues here or there but we're still working, progressing

0:04:15.949,0:04:21.760

Yeah, it's still, you know, we're just trying to be consistent, yeah, with the routines and all that.

0:04:22.360,0:04:27.640

And, finally, what would you say to someone feeling unsure about attending the workshops?

0:04:27.640,0:04:33.240

I would say, I was, you know, when I joined this this workshop I thought it might be just another

0:04:33.240,0:04:39.200

workshop where you get to know a lot of knowledge and all that, but I got to know a lot of things which I,

0:04:40.200,0:04:46.640

you know, before that, I didn't know, so as I told you, I got to know about the triggers and the,

0:04:46.640,0:04:54.320

you know, fast and low triggers, and, you know, functions behind it, the ABC chart, what is it,

0:04:54.320,0:05:00.200

why, what happens before the behaviour triggers, and what happens afterwards, and how can we, you

0:05:00.200,0:05:07.800

know, change the behaviours if it is, you know, is problematic. So, definitely I would

0:05:07.800,0:05:13.320

recommend this workshop for the other parents.

They should you know join it at least to just

0:05:13.320,0:05:17.171

get knowledge about the things which

they don't know. So, yeah.

0:05:17.171,0:05:19.520

That's brilliant. Thank you so much.