Positive Behavioural Support (PBS) and Restraint Reduction Reading List

This reading list has been curated to support learners and trainers engaged in Positive Behavioural Support (PBS) training and implementation within UK health, education, and social care settings. It brings together key national frameworks, standards, and research that underpin best practice in PBS and restraint reduction. The resources included provide essential insight into the values, principles, and evidence base that inform PBS, while also highlighting workforce development priorities and the ethical framework for delivering training in line with the Restraint Reduction Network (RRN) Training Standards.

Learners and practitioners can use this reading list to:

- Understand the national context and policy drivers behind PBS and restraint reduction.
- Explore the required competencies and workforce expectations outlined by professional bodies.
- Access practical tools, frameworks, and evidence-based guidance for effective PBS practice.
- Develop reflective understanding of PBS values, implementation challenges, and ethical practice.

It is recommended that these resources be used in conjunction with the NAPPI RRN Training Standards Mapping and the PBS Competency Framework to ensure coherence between theory, practice, and policy.

Core Resources

Positive Behavioural Support (PBS) in the UK: A State of the Nation Report (2022)

Citation: Gore, N. J., Sapiets, S. J., Denne, L. D., Hastings, R. P., Toogood, S., MacDonald, A., Baker, P. A., & the PBS Working Group. (2022). *International Journal of Positive Behavioural Support*, 12(Suppl 1), i-46.

Overview: A comprehensive overview of PBS implementation in the UK, defining PBS, analysing evidence, and presenting a logic model for practice.

Link: https://kar.kent.ac.uk/93504/

Restraint Reduction Network (RRN) Training Standards (2023)

Citation: Restraint Reduction Network. (2023). *RRN Training Standards Version 2*.

Overview: Defines the ethical and evidence-based framework for all training involving restrictive practices; mandatory for NHS-commissioned and CQC-regulated services.

Link: https://restraintreductionnetwork.org/training-standards/

Positive Behavioural Support (PBS) Competence Framework (2015)

Citation: British Institute of Learning Disabilities (BILD). (2015). *PBS Competence Framework*.

Overview: Outlines the competencies required to deliver PBS effectively at different practitioner levels, guiding education, training, and professional development.
Link: https://www.bild.org.uk/resource/positive-behavioural-support-competence-framework/

Organisational & Workforce Development Framework for PBS (2020)

Citation: UK PBS Alliance (via BILD). (2020). *Organisational & Workforce Development Framework for PBS*.

Overview: Provides guidance on workforce development and organisational culture change required to embed PBS effectively.

Link: https://www.bild.org.uk/resource/uk-pbs-alliance-organisational-and-workforce-development-framework/

Additional Recommended Resources

Developing a Core Competencies Framework for Positive Behavioural Support (2013)

Citation: Denne, L. D., Noone, S. J., Gore, N. J., Toogood, S., Hughes, J. C., Hastings, R. P., Allen, D., Baker, P., & McGill, P. (2013). *International Journal of Positive Behavioural Support*, 3(2), 24-31.

Overview: Explains the rationale and process for developing a competence framework for PBS in the UK, identifying challenges and recommendations.

Link:https://www.ingentaconnect.com/content/bild/ijpbs/2013/00000003/00000002/art00004

Definition and Scope for Positive Behavioural Support (2013)

Citation: Gore, N. J., McGill, P., Toogood, S., Allen, D., Hughes, J. C., Baker, P., Hastings, R. P., Noone, S. J., & Denne, L. D. (2013). *International Journal of Positive Behavioural Support*, 3(2), 14-23.

Overview: Provides a UK-specific definition of PBS, outlining ten key components and implications for training and service delivery.

Link: https://www.bild.org.uk/wp-content/uploads/2020/01/Definition-and-scope-for-positive-behavioural-support.pdf

Positive Behavioural Support: A Learning Resource (2012)

Citation: NHS Education for Scotland. (2012). *Positive Behavioural Support: A Learning Resource*. Edinburgh Napier University/NHS Scotland.

Overview: A practical interactive resource for practitioners, exploring assessment, planning, and intervention strategies in PBS.

Link: https://www.nes.scot.nhs.uk/media/vmecg3p2/pbs_interactive_final_nov_12.pdf

Positive Behaviour Support Guidelines (2020)

Citation: Lancashire Safeguarding Adults Board. (2020). *Positive Behaviour Support Guidelines*. Lancashire Safeguarding Adults Board.

Overview: Regional guidance supporting local services in implementing PBS through structured planning and multi-agency collaboration.

Link: https://www.lancashiresafeguarding.org.uk/media/19181/3-Positive-Behaviour-Support-Guidelines.pdf

Positive Behavioural Support (PBS) – Skills for Care

Citation: Skills for Care. (n.d.). *Positive Behavioural Support (PBS)*. Skills for Care.

Overview: National workforce guidance outlining how PBS can be used to support people with distressed behaviour within adult social care.

Link: https://www.skillsforcare.org.uk/Developing-your-workforce/Care-topics/Supporting-people-with-challenging-or-distressed-behaviour/Positive-behavioural-support.aspx

Positive Behaviour Support Guidance (2023)

Citation: Oldham Safeguarding Adults Board. (2023). *Positive Behaviour Support Guidance.* OSAB.

Overview: Guidance for practitioners on implementing PBS plans, including risk assessment and functional behaviour analysis.

Link: https://www.osab.org.uk/cms-data/depot/hipwig/OSAB-Positive-Behaviour-Support-Guidance.pdf

Research at the PBS Academy (n.d.)

Citation: The PBS Academy / University of Warwick. (n.d.). *Research at the PBS Academy.*

Overview: Summarises the PBS Academy's research on competency development, workforce capacity building, and PBS implementation in the UK.

Link: https://warwick.ac.uk/research/impact/social-sciences/education/the-pbs-academy/

PBS Standards for Individual Practitioners (2024)

Citation: North Wales Together. (2024). *Improving the Quality of Positive Behavioural Support (PBS) – Standards for Individual Practitioners.* North Wales Together.

Overview: Outlines professional standards for PBS practitioners, linking competencies to levels of practice and supervision requirements.

Link: https://northwalestogether.org/wp-content/uploads/2024/01/PBS-Standards-for-Individual-Practitioners.pdf

Evolution of PBS in Scotland – Report (2023)

Citation: SCLD (Scottish Commission for Learning Disability). (2023*). The Evolution of PBS in Scotland.*

Overview: Documents the development of PBS across Scotland, highlighting regional variations and policy developments.

Link: https://www.scld.org.uk/wp-content/uploads/2023/02/Evolution-of-PBS_-FINAL.pdf

RRN Guidance for Government Departments (2023)

Citation: Restraint Reduction Network. (2023). *Guidance for Government Departments.*

Overview: Policy-level guidance exploring restraint reduction, workforce standards, and the role of lived experience in shaping PBS practice.

Link: https://restraintreductionnetwork.org/wp-content/uploads/2023/06/RRN_Policy-Guide_Final.pdf