



# How to Help Children and Young People with Complex Behavioural Difficulties: A Guide for Practitioners Working in Educational Settings

*Barbara Knowles, Ted Cole*

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## **How to Help Children and Young People with Complex Behavioural Difficulties: A Guide for Practitioners Working in Educational Settings** Barbara Knowles, Ted Cole

Young people with behavioural, emotional and social difficulties (BESD - sometimes called 'SEBD' or 'EBD') need effective and consistent support, yet providing this can be highly stressful and demanding for the practitioners involved. Complete with practical intervention strategies based on research, theory and practice, this comprehensive handbook provides practitioners with the information and tools they need to deal with BESD in a way that is of benefit to them as well as to the children they work with.

The book begins by expanding the reader's general understanding of BESD in children. The authors examine the underlying causes, explore what can be learned from past experience, and discuss research-based theory. They then offer a range of interventions and therapies for use in and out of school, and encourage practitioners to develop skills such as engaging with parents, identifying special educational needs and setting constructive boundaries. Finally, the needs of practitioners themselves are addressed. The authors advise on how to collaborate productively with other professions and stress the importance of supporting colleagues and developing the personal resilience needed to cope in difficult circumstances.

Wide-ranging, accessible and current, this guide will be an invaluable resource for the professional development of teachers and other practitioners working with young people with BESD/SEBD in educational settings.

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