

Programme **Monday 7 November 2005** de Meervaart, Amsterdam

08.15 – 09.00	Welcome
09.00 – 09.15	<i>Opening and introduction; Nico Oud*</i> (chair)
09.15 – 10.00	<i>Improving the Physical and Psychological Safety of Physical Interventions in Care Settings; Brodie Paterson*</i> (Scotland, UK)
10.00 – 10.45	<i>Quality of Coercion and Pressure in Psychiatry; Bert Lendemeijer</i>
10.45 – 11.15	Coffee break
11.15 – 12.00	<i>Prevention of Aggressive Escalations in Clinical Psychiatry; Roland van der Sande*</i>
12.00 – 12.45	<i>Sexual Harassment in Care Settings and How to Deal with It; Mathilde Bos</i>
12.45 – 13.45	Lunch
13.45 – 15.15	Workshops: <ol style="list-style-type: none"><i>1. Early Recognition and Intervention Schedules in Forensic Care Settings; Frans Fluttert*</i><i>2. The Meaning of Resistance in Training and Dealing with Resistance in a Course Group; Hans Fleury & Ton Kuiper</i><i>3. Styles of Learning and Trainer Competences in Working with a Course Group; Mark de Jong</i>
15.15 – 15.30	Tea break
15.30 – 17.00	Workshops: <ol style="list-style-type: none"><i>1. Early Recognition and Intervention Schedules in Forensic Care Settings; Frans Fluttert*</i><i>2. The Meaning of Resistance in Training and Dealing with Resistance in a Course Group; Hans Fleury & Ton Kuiper</i><i>3. Styles of Learning and Trainer Competences in Working with a Course Group; Mark de Jong</i>
17.00 - 17.45	Drinks

* Member European Violence in Psychiatry Research Group (EViPRG)

Programme **Tuesday 8 November 2005** de Meervaart, Amsterdam

08.15 – 09.00	Welcome
09.00 – 09.15	<i>Opening; Nico Oud</i>
09.15 – 10.00	<i>A Nursing Intervention to Handle Patient Aggression – the Effectiveness of a Training Course in the Management of Aggression; Ian Needham*</i> (Switzerland)
10.00 – 10.30	Coffee break
10.30 – 12.00	Workshops: 1. <i>Exchange of Methods, Techniques and Problems; Hans Fleury & Sander Huijding</i> 2. <i>The Roleplay with Actors as a Final Moment: Learning and Integrating from Personal Experience and Feedback; Gerda Pouli, Ton Meijer & Frans Mos</i>
12.00 – 13.00	Lunch
13.00 – 14.30	Workshops: 1. <i>Exchange of Methods, Techniques and Problems; Hans Fleury & Sander Huijding</i> 2. <i>The Roleplay with Actors as a Final Moment: Learning and Integrating from Personal Experience and Feedback; Gerda Pouli, Ton Meijer & Frans Mos</i>
14.30 – 15.00	Tea break
15.00 – 15.30	<i>International Research Results Regarding the Development of the POPAS and European Developments in the Management of Aggressive Behaviour; Nico Oud*</i>
15.30 – 16.30	<i>Pro-Active Management of Aggression in Child and Youth Psychiatry</i> Roland van de Sande*
16.30 – 17.00	<i>Evaluation, Forecast 2006 and Closing</i>
17.00 – 17.45	Drinks

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Programme content

About the speakers and the presentations:

Improving the Physical and Psychological Safety of Physical Interventions in Care Settings

Brodie Paterson, MSc., is a nursing scientific lecturer at the University of Stirling and engages himself already for several years at/in this matter, not just as an author of several articles and books but also as a trainer. Besides this he is involved in the development of a standard programme for the UK. His research is focused on 'Restraint Related Deaths in Health and Social Care' and in his presentation he will inform us about the quality and risks of physical interventions in particular in this field.

Quality of Coercion and Pressure in Psychiatry (Dutch)

Bert Lendemeijer, PhD., is a nurse scientist and holding a doctor's degree in nursing and is director of GGnet Kenniscentrum Psychiatrische Zorgverlening (Knowledge Centre for Psychiatric Care), Warnsveld, at the same time committed to the University of Maastricht, Cluster Zorgwetenschappen (Health Care Sciences), Sectie Verplegingswetenschappen (section Nursing Sciences) and co-author of the book "Dwang en Drang in de Psychiatrie – Kwaliteit van vrijheidsbeperkende interventies" (Coercion and pressure in psychiatry – quality of restrictive measures). Bert will inform us in his presentation about his research into the experiences with coercion and pressure in psychiatric institutes.

Prevention of Aggressive Escalations in Clinical Psychiatry

Roland van de Sande, MSc. N., (Master of Science in Nursing) is working at Utrecht University of Professional Education and at De Jutters, Centre of Child and Adolescent Psychiatry, Den Haag and at the moment working on his PhD.

The process of social reintegration of mental health patients can be impeded by impulsive dangerous behaviour. In many European countries compulsory admissions in psychiatric hospitals are due to dangerous behaviour. Compulsory admissions seem not only to be caused by the severity of the mental disorder. Coercive interventions are mostly linked to high arousal and agitation with dangerous escalations. This type of crisis seems to appear suddenly. Meanwhile the body of knowledge about violence prevention in an early stage seems to improve.

Firstly from a preventive perspective early signs of agitation and loss of control can be identified by skilled professionals by using several risk assessment tools. Secondly several phenomena can be identified as preventive factors in the therapeutic climate on the wards. Thirdly lessons can be learned from retrospective analyses of aggressive escalations. A brief literature overview will be presented on the possibilities of connecting risk taxation and improving the ward atmosphere. In addition to that a critical discussion will be launched on the degree of acceptance of research based expertise and the practical use of these tools combined with ecological interventions in clinical psychiatry. Participants will be challenged to reflect on their own way of risk assessment and clinical emergency decision making. Can we learn from local best practice experiences and which gaps can be bridged in risk assessment in clinical and community based circumstances? Finally possibilities and pitfalls in violence prevention in clinical psychiatry will be discussed from primary, secondary and tertiary prevention perspectives.

Sexual Harassment in Care Settings and How to Deal with it (Dutch)

Mathilde Bos is a nurse at the Psychiatric Academic Hospital of MESOS Medisch Centrum in Utrecht and a teacher at HBO-V (Higher Professional Training for Nursing) at the Hogeschool van Utrecht. She published many articles and books i.e. on sexual harassment in care settings and is an experienced trainer in this field. She also writes columns at the B-verpleegpost. Mathilde will inform us about the possible styles of reacting to sexual harassment in care settings and she will discuss how to deal with this problem.

Workshop: *Early Recognition and Intervention Schedules in Forensic Care Settings (Dutch)*

Frans Fluttert, MSc., is a nurse and a nurse scientist and at the moment working on his PhD. He is working as a researcher in the field of the forensic psychiatry (Dr. S. Van Mesdagkliniek in Groningen) and a lecturer at the University of Utrecht. Frans is especially working on research and training in early recognition and intervention schedules in the forensic health care. He developed a schedule in order to apply preventive measures in an earlier stage. He will illustrate his research in his presentation.

Workshop: *The Meaning of Resistance in Training and Dealing with Resistance in a Course Group (Dutch)*

Hans Fleury, MSc., worked among other things as a psychiatric and community nurse at several crisis centres in the field of Mental Health Care. He is working for many years as a trainer, tutor and consultant (CONNECTING) especially in the field of aggression management and as a gestalt-therapist and practical coach in Psychiatry. He is a member of the ENTMA.

Ton Kuiper worked since 1980 as a psychomotor therapist, since 1992 at PsyQ in Den Haag, where he is also working as a trainer and trust advisor. In his own practice he offers mediation and coaching and he is a member of the ENTMA.

Often trainers in the management of aggressive behaviour meet resistance in their course group which now and then affects or disturbs the dynamic process in the group deeply. In this workshop Hans and Ton will illuminate the meaning of this resistance especially in relation to the theme aggression, their specific vision on this resistance, pitfalls for trainers who react with (unconscious) counter transference and the way to cope with resistance in a course group. They will work in an experience-oriented way to better empathize with the meaning of this resistance.

Workshop: *Styles of Learning and Trainer Competencies in Working with a Course Group (Dutch)*

Mark de Jong, MSc., studied cultural anthropology, nursing and gestalt-therapy. He will finish his study as a trainer/coach soon. Mark worked as a nurse, a counsellor of student discussion groups, a gestalt-therapist and a trainer. He also worked on employment-orientation and communication-training with unemployed youngsters and is working as a communication- and intervention-trainer in the field of Health Care. Mark is interested in learning processes toward more awareness of other's reactions to one's own behaviour, which is an important issue especially for staff working in the field of Health Care.

A Nursing Intervention to Handle Patient Aggression – the Effectiveness of a Training Course in the Management of Aggression

Ian Needham, Ph.D., is a nurse, a nurse scientist, and holding a doctor's degree in nursing, and is working as a teacher at the Hochschule für Gesundheit in Freiburg, Switzerland. Ian will report about the results of his research into the effectiveness of the training Management of Aggressive Behaviour developed by CONNECTING and implemented by trainers in Switzerland at several psychiatric wards. This research took place within the framework of taking his doctoral degree at the University of Maastricht in December 2004.

Workshop: *Exchange of Methods, Techniques and Problems (International)*

Hans Fleury, MSc., partner CONNECTING, has been trainer and tutor in the management of aggressive behaviour for several years and has (among other things) a background in Aikido.

Sander Huijding is a psychiatric nurse and working as a care co-ordinator in one of the high security wards of Psychomedisch Centrum Parnassia in Den Haag. Next to this he is trainer in the management of aggressive behaviour in this centre. Sander is also a registered teacher of judo and jiu-jitsu which he teaches weekly. In this workshop the possibility will be given to ask questions, demonstrate techniques and/or try out new insights or bottlenecks in methods and techniques in the area of aggression-management. The active involvement of all attendants is welcome.

Workshop: The Roleplay with Actors as a Final Moment: Learning and Integrating From Personal Experience and Feedback (Dutch)

Gerda Pouli, Ton Meijer and Frans Mos are, already for over ten years, regular actors for CONNECTING. Based on their experiences in working with roleplay during staff-training they have developed, in consultation with the educators of CONNECTING, a specific vision on and attitude towards the way to bring roleplay into action during the training. Educated trainers often refer to this aspect of the training as a complicated and intensive part and they indicate the need for more education and practice on this aspect. In their workshop Gerda, Ton en Frans will tend to this need.

International Results Regarding the Development of the Perceptions of Prevalence of Aggression Scale (POPAS) and European Developments in the Management of Aggressive Behaviour

Nico Oud, M.Sc., partner CONNECTING and Oud Consultancy, is a teacher, tutor and researcher and a member of the ENTMA. Nico will report about his research in Vienna and Zurich regarding the first results of the POPAS instrument, for instance about the application of this scale as a management-instrument to gain an early insight into the nature, incidence and gravity of aggression-issues. At the same time he will inform delegates about the developments within the European Network of Trainers in the recognition, prevention, post-incident care and therapeutic Management of Aggression, violent behaviour and sexual harassment in health care (ENTMA).

Aggression Management in Child and Adolescent Psychiatric Wards

In this presentation **Roland van de Sande** will take notice of the vulnerability of psychiatric admitted children and adolescents. They are at high risk to be involved in aggressive incidents. An overview of risk factors and social consequences will be linked to the implications of vague first symptoms of major psychiatric disorders. The diagnostic process can sometimes last for several months. Therefore the use of specific care plans is often delayed. Meanwhile this dynamic population is influenced by many instable factors. However history of violence seems to be the best predictive value. Under and over stimulation of vulnerable patients can result in poor social functioning and the increasing amount of aggression crises. The needs of violence prevention in several patient categories will be discussed. Apart from individual needs group dynamic processes in the wards should be taken into consideration. For example it is known that some child and adolescents with severe identity problems seem to copy aggressive attitudes from fellow patients. Therefore a sound package of therapeutic skills of healthcare workers is needed to prevent a vicious circle of aggressive incidents. Healthcare workers are challenged to integrate several skills into practice such as; moral reasoning, cognitive behavioural approaches, social skill training, somatic monitoring and de-escalation strategies. Some examples of integrative preventive approaches in Dutch adolescent clinics will be evaluated on its strength and weakness.