

## Press release: For immediate release

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### How to handle difficult behaviour

Learn the equivalent of the DR-ABC first-aid emergency response steps for behaviour, with *Encouraging Appropriate Behaviour: A Six-Step Approach* by Murray Irwin.

“Having a huge range of possible solutions to inappropriate behaviour at your fingertips is not enough” says youth worker and author Murray Irwin. “You need to be able to work out which of those possible solutions is the best one. That is the benefit of using the six BECOME steps of B-behaviour, E-emergency, C-context, O-options, M-myself and E-enact.” The steps will guide you no matter what the situation is.

The six steps pin point **what** the behaviour is, find out **when** and **why** it occurs and helps you work out **how** to encourage change. This gives you a logical and consistent way of approaching problem behaviours. Mr Irwin bases this approach on his 13 years of experience working with young people including at-risk youth. “I wanted to be able to train others about what I had learnt through trial and error. It was then I realised there was nothing out there that covered a step by step approach that you can use in everyday situations.”

The book has been structured for practical use. *Encouraging Appropriate Behaviour* contains 14 principles of how to approach situations, 13 tools to help understand the problem, 10 different styles of responding and 20 effective strategies to try. Case studies show you how to put these into practice as you follow the six BECOME steps.

Mr Irwin said that “If a response is not working you should look at other ways of responding to the problem. There is no excuse using the same response time after time when this book offers a range of ideas to use. If you work with people, this book can become your guide to successfully encourage appropriate behaviour.”

#### About the Author

Murray Irwin is a freelance outdoor educator and adventure therapy group-leader with 13 years experience. For five years he worked with at risk youth and spent three years designing and delivering award winning sustainability behaviour change programs. He lives in Melbourne.

#### Book details:

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