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# Different communication techniques: Using discussion mats

Video audio transcription



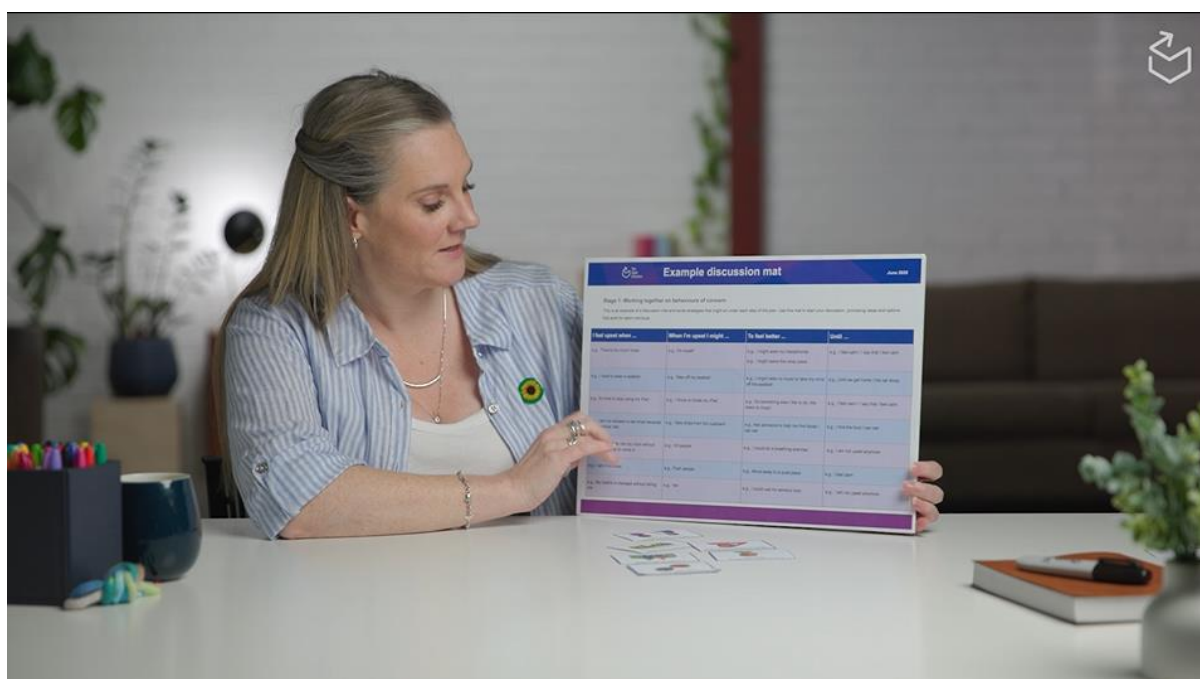
The  
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Working together on positive  
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# Video audio transcription

## Different communication techniques: Using discussion mats



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Something that can be a helpful way of communicating with people is a discussion mat. Discussion mats provide a structured way to progress the decision-making process or conversation with someone.

For example, this discussion mat has 4 columns and focuses on behaviours of concern.

The first column is, 'When I feel upset...' and it progresses through 'When I'm feeling upset I might...', 'To feel better...', 'Until...'

You can give the person options using pre-prepared photos, picture cards, or even drawing or writing key words on the paper.

So, for example, in this situation we might choose to pop a card on here and then progress the decision through 'Until...', the next column.

Start with the easier discussions and decisions so that you can get used to using the mat together.

Allow space for thinking, give options such as allowing the participant multiple cards to look at and choose and be flexible in how you use the board.

It's a great way to engage in a discussion in a very person-centred way and it's also a great way to record a discussion and come back to it for later reference. So, take a photo or keep the board if you're able to.

### **Closing credits** (text presented on screen)

How will you use these ideas to improve engagement in your behaviour support practice?

Web address: [therightdirectionpbs.com](http://therightdirectionpbs.com)



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