

*behaviour science for real life*

**fobic** 

## Empowered to change unwanted behaviour

Fabic specialises in helping people to understand and change unwanted behaviour.

We provide you with practical, useful tools that make a real difference to everyday life.

Our practical wisdom enables you to take control – whether in supporting you to change your own unwanted behaviour, or to influence change in someone close to you.

You can choose to change unwanted behaviour regardless of your age or background.

## We bring hope for a brighter future

A brighter future awaits you when you take control of your life and learn to manage unwanted behaviour using Fabic's practical skills.

## Behaviour specialists

At Fabic, we are passionate about the science of behaviour and how it helps people to unlock challenging behaviour in their lives.

We are committed to improving your quality of life with our practical tools, knowledge and services, whether it is a general challenging behaviour related to managing daily life, or a specific behaviour issue related to a particular condition.

We support people who are experiencing challenges related to:

- Unwanted anger, anxiety, sadness, grief, frustration
- Autism Spectrum Disorder
- Asperger's Syndrome
- Pervasive Developmental Disorder
- Social Skills Development
- Intellectual Disability
- Learning Disorders
- Depression
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Oppositional Defiance Disorder
- Eating Disorders
- Emotional challenges
- Any challenging and unwanted behaviours used by children, adolescents and adults.



## Our Services

*We provide the following services:*

### *Training Courses*

- Professional Development Days
- Positive Behaviour Interventions
- Understanding Autism & Aspergers
- Conducting Functional Behaviour Assessments
- Understanding & Developing Social Skills
- Understanding Your Anger
- Understanding Your Anxiety
- Developing Successful Communication Skills
- Understanding Bullying

### *Clinical Services*

- Face-to-face consultations
- Family consultations
- Residential consultations
- School consultations
- Community consultations
- Social skills
- Anxiety
- Depression
- Anger management
- Consultations are all aimed at providing an understanding of behaviour and how to change unwanted behaviours

### *Assessments*

- Functional Behaviour Assessments
- Cognitive Assessment
- Academic Assessment
- Combined Cognitive & Academic Assessment
- School Readiness Assessments
- Identifying Autism & Aspergers Characteristics

### *Consultancy Services*

- Supporting organisations to develop behaviour policies and procedures



## Training

FABIC offers training to aide individuals and their supporters (professional support staff, family & friends) to understand and manage unwanted behaviours.

We provide training for small groups or whole organisations seeking to understand behaviour and develop tools to influence behaviour change in either self or other people.

*We provide these training programs via workshops or seminars.*

*The training is ideal for:*

### Individuals

- Persons wanting to understand own unwanted behaviour
- Parents
- Family
- Friends
- Teachers
- Professional Carers
- Health Care Professionals
- Allied Health Providers
- Medical & Legal Professionals

### Groups and Organisations

- Schools
- Disability Services
- Residential Support Services
- Respite Services
- Health & Human Services
- Correctional Services
- Legal teams
- Any organisation working with people exhibiting unwanted behaviours

*We offer:*

- Training for Adults
- Training for Organisations
- Training for Children & Adolescents

Note: Fabic courses have been approved under the Helping Children with Autism Package.



## Clinical Services

If you or your someone you know has difficulties managing the challenges of everyday life, we offer personal consultations to identify the challenges and teach you skills to manage those challenges more effectively

Our service is based on using Functional Behaviour Assessment which is underpinned by these principles:

- Understanding that all behaviour happens for a reason
- Identifying the reason for the behaviour
- Teaching new appropriate behaviours to replace old unwanted behaviours

Highly customised, Fabic's clinical services are tailored to meet the needs of the individual and provide strategies for the benefit of themselves and those within their immediate environments.

### *Our clinical services provide support for:*

- Unwanted anger, anxiety, sadness, grief, frustration
- Autism Spectrum Disorder
- Asperger's Syndrome
- Pervasive Developmental Disorder
- Social Skills Development
- Effective Communication Development
- Intellectual Disability
- Learning Disorders
- Depression
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Oppositional Defiance Disorder
- Eating Disorders
- Emotional challenges
- Any challenging and unwanted behaviours used by children, adolescents & adults.

Our clinicians have extensive experience in working with people who display characteristics consistent with a Pervasive Developmental Disorder (PDD) including: Autistic Disorder, Aspergers Syndrome, Rett's Disorder, Childhood Disintegrative Disorder or PDD-NOS. We have a solid understanding of the unique challenges experienced and we specialise in providing practical tools to assist in the management of these challenges. **Fabic is approved for funding under the Helping Children with Autism Package.**

## *Clinical Consultation*

Face-to-face consultations at Fabic are aimed at supporting people to understand and change unwanted behaviours leading to acceptance within their daily life.

## *Skype/Phone Consultation*

Don't allow distance to be an issue. Clinical consultations are available while you stay at home or in your office and we will call or Skype (video conferencing) you from our office.

## *Home, School or Community Consultation*

Observing the behaviour in the setting where unwanted behaviour occurs will help us to gain an understanding as to why the behaviour occurs.

Implementing interventions in the setting where behaviour occurs will help for successful integration of strategies and positive behaviour change.

## *School and staff training for individual client*

Including an individualised report filled with comprehensive interventions, these sessions are aimed at supporting school staff to successfully implement strategies in the school setting.

## Assessments

### *Functional Behaviour Assessments*

#### *- Understanding unwanted behaviours*

All human behaviour has a reason. Identifying that reason is the first step in managing or modifying any behaviour pattern. At Fabic we work out the specific reasons for the unwanted behaviour by conducting a Functional Behaviour Assessment.

We find out the reason for the behaviour both by talking to and observing the person in their usual environment: at home, school or in the community. We then work out an intervention program based on what we have learnt. We provide you with a report detailing what we believe to be the causes and give you practical tools to manage and modify the behaviour.

### *Cognitive Assessment*

#### *- Understanding how your child learns*

Understanding your child's learning profile can help to identify any reading and learning issues or areas of giftedness they may have. The results help their school to develop useful and relevant learning plans for them.

At Fabic we use a cognitive assessment to work out the main strengths and weaknesses related to learning disabilities, giftedness, executive function, attention disorders, and intellectual disabilities.

### *Academic Assessment*

#### *- Understanding your child's academic strengths and weaknesses*

Understanding your child's academic strengths and weaknesses can be very useful if your child has any difficult behaviour which affects their school results.

We provide a detailed report with information about their academic strengths and weaknesses, as well as recommendations to improve the way they learn. We can use the information in this report to create an Individual Learning Plan.

### *Combined Cognitive & Academic Assessment*

#### *- Understanding how your child learns and their academic strengths and weaknesses*

Combining the cognitive and academic assessments helps us to fully assess your child's learning profile by examining both how they learn, as well as providing an understanding of their current academic strengths and weaknesses.

## Consultancy Services

As the behaviour specialists, Fabic develops effective behaviour management policies and procedures for entire organisations, as well as individual intervention plans for a specific person.

Our behaviour consultancy service provides advice, intervention planning, education and mentoring to any organisation that interacts with people with complex or unwanted behaviours, including health and human services, schools and disability services.

Our programs are customised to suit the specific needs of your organisation.





## Tan Curtis

### *Founder and Managing Director of Fabic*

Tan established Fabic in 2006 because she is passionate about supporting individuals to manage and change their own unwanted behaviours and to train people to understand behaviours used by others.

Tan not only understands the complex difficulties surrounding behaviour but more importantly delivers real world tools to help people in everyday life.

Tan brings a fresh approach to changing difficult behaviour based on solid practical and academic foundations. Her professional qualifications include: Master of Behaviour Management, Master of Counselling, Bachelor of Health Science (Behaviour Management) and Associate Diploma of Education.

Tan leads a team of passionate and professional staff. All staff employ the Fabic methodology aimed at supporting people to understand and change unwanted behaviours leading to the acceptance of all individuals in their own rightful uniqueness.

In addition to managing Fabic, Tan also operates as Behaviour Practitioner, Counsellor and Course Presenter.



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