

# Clinical Consultation

## Fact Sheet

### Identify challenging behaviours and learn skills to better manage them

If you or a person you know regularly has difficulties coping with the challenges of everyday life, we offer personal consultations to identify the challenges and teach you skills to manage those challenges more effectively.

Clinical consultations are useful to anyone who is having difficulties with everyday life, regardless of whether they have a formal diagnosis. They may include, but are not restricted to, people who have an autism spectrum disorder, depression, intellectual impairment, learning difficulties, mental illness, eating disorders or anxiety ... any unwanted behaviours.

Our clinicians have extensive experience in dealing with people on the autism spectrum and a solid understanding of the unique challenges they face. We specialise in providing practical everyday tools to assist them in managing those challenges. (Fabic services are approved under the Helping Children with Autism package)

### What?

The clinical consultation consists of one 50-minute consultation.

Where possible, Fabic includes not only the client during the consultation, but also those impacted by the challenging behaviour (e.g. carers, relatives, partners, educators). Our philosophy is to educate all people involved in the client's life so that each of those people can understand how that person experiences the world. Often unwanted behaviour occurs in external settings such as schools, residential, work and community so it is important to carry the newly acquired skills through to that environment.

### When?

We generally recommend a series of 6 consultations before reviewing how the client is responding to the new skills. It is difficult to determine the total number of sessions required because each person experiences different challenges and responds differently to interventions.

Please contact Fabic to arrange an appointment time.

### Where?

A clinical consultation can be conducted face-to-face at our clinic in Worongary, or via telephone or Skype.

Please note a face-to-face consultation in the clinic is required to receive a Medicare rebate.

For more information, call Fabic on (07) 5530 5099