

# Understanding Behaviour

## Conducting a Functional Behavioural Assessment for People Using Unwanted Behaviours

### Overview

We all use behaviours we would prefer not to be using ... if we want the behaviour to change we must first understand "why" this behaviour is being used!

All behaviour happens for a reason ... no matter how unwanted or unacceptable the behaviour is, IT IS HAPPENING FOR A REASON. This reason must first be identified if we want positive behaviour change to occur. This course aims to support people to look at behaviour in isolation of the person and be objective by investigating & identifying the reason for certain behaviour. You will be taught a scientific yet user friendly behaviour investigation tool enabling you to "Understand Behaviour used by self and other people". Behaviour is often used to describe who a person is but if we learn to understand behaviour as "a form of expression and often as a coping strategy" we will be able to learn to understand that behaviour is not who a person is; rather what a person is doing. Understanding behaviour is not an "excuse" or "allowance" for unwanted behaviour rather an identification of "WHY" the behaviour is being used ... the REASON! Functional Behaviour Assessment is a process that aims to look beyond the behaviour itself, enabling supporters to identify all factors associated with the occurrence of an unwanted behaviour. The objective information gained from a Functional Behaviour Assessment is used to support positive behaviour change.

### Objectives

This programme is designed for attendees to gain an understanding of behaviours used by self or other people using a scientific behaviour assessment model!

Functional Behaviour Assessment is a worldwide recognised assessment tool that when used as a first step supports positive behaviour change. Fobic advocates that you must first understand behaviour and then use this information to develop behaviour change strategies.

*Note: behaviour change strategies are covered in our course "Changing Behaviour". These two courses complement each other but it is not essential to do both!*

Course participants will leave equipped with the knowledge of all the required steps to conduct a Functional Behavioural Assessment in their work, community or home setting ... thus leave with a view of UNDERSTANDING BEHAVIOUR

### Who should attend

Any person spending time with a person using unwanted behaviours ... whether that is yourself or another person!

Employees from: Education Services, Disability Services, Mental Health Departments, Medical Services, Justice Departments, Welfare Agencies, Residential Support Networks, Legal Services & other Health & Human Services.

Supporters of people who use unwanted behaviours including parents, partners, siblings, grandparents, relatives and friends.

Individuals wanting to gain insight into their own unwanted behaviours.

### Course Outline

#### Module 1

- 1 Introduction
  - > 10 Behaviour Assumptions
  - > Sequence of Behaviour Overview
  - > Needs Based Interventions
  - > Behaviour Scale

#### 2 Steps of Functional Assessment

#### 3 Step 1: Interview

#### Module 2

Step 2 & 3: Report review & data collection via group case study

- 1 Identifying challenging situations predicting behaviour use

#### Module 3

Case Study continued:

- 2 Identifying low intensity & escalated behaviours
- 3 Identifying consequences of behaviour resulting in reduction of behaviour

#### Module 4

- 1 Step 4: Functions Hypothesis
- 2 Step 5: Intervention Development
- 3 Summary
- 4 Questions & Answer time

### Contact Fobic

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info@fobic.com.au | fobic.com.au

FABIC Pty Ltd (ACN: 131219915)  
ATF FABIC & EDUCATIONAL TRUST  
(ABN: 51755382014)

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### About FABIC

#### Functional Assessment & Behaviour Interventions Centre

Fabic is a National Behaviour Specialist Centre that supports people to understand and change behaviour used by any person.

Fabic's clinical staff consists of a team of highly skilled clinicians with extensive clinical experience and scientific understanding of behaviour. Fabic understands that behaviour is not WHO the person is and objectively review behaviour through a scientific analysis which supports positive behaviour change.

#### Fabic offers:

- 1 Clinical Behaviour Specialist Services
- 2 Staff mentoring for behaviour change in the workplace
- 3 Behaviour specialist workshops
- 4 Products and Merchandise

Summary of all services offered at Fabic can be found at [www.fabic.com.au](http://www.fabic.com.au) or products at [www.tancurtis.com.au](http://www.tancurtis.com.au)

### About the presenters

Courses are presented by one of Fabics clinical team... All trained in the unique behaviour methodology practiced at Fabic.



**Ms Tan Curtis**

Director  
Behaviour Specialist &  
Facilitator



**Mrs Shannan Puckeridge**

Psychologist & Facilitator



**Dr Kaya Beinke**

Psychologist & Facilitator



### About the Course Developer

#### Tan Curtis

#### Director, Behaviour Specialist & Facilitator

Tan is the Managing Director and Founder of Fabic (established in 2006). Tan's professional qualifications include a: Master of Behaviour Management; Master of Counselling; Bachelor of Health Science (Behaviour Management) and an Associate Diploma of Education. Tan has extensive clinical experience working with people using a diversity of unwanted behaviours including but not limited to high functioning adults with some unwanted behaviours; mental health diagnosis; developmental disabilities; intellectual impairments and any children, adolescents and adults using behaviours they would like to change. Tan consults for schools, mental health departments, government agencies working with behaviour, justice department, disability services, rehabilitation centres & medical facilities working with behaviour. Courses developed by Tan are based on extensive clinical experience at Fabic & have been designed to be practical, user friendly and immediately beneficial when you return to your home and/or work setting. Tan is the author of "Challenging Change... behaviour strategies for life"; a helpful tool to support all people to understand and change behaviour for self or other people.

### Details

#### 1 Day Workshop

**Date:** Thursday, May 10, 2012

**Time:** 8.30am Registration  
9.00am Start – 4.00pm Finish

**Location:** Quality Inn Centre Point  
131 George Street Rockhampton QLD  
4700 Undercover parking available

**Provided:** Morning Tea > Afternoon Tea (Due to dietary restrictions we request you provide your own lunch or cafes are close by)

**Costs:** Full Price: \$198 per person  
Early Bird – Paying before 10.04.12 > Single booking – \$176 > \$165 per person for group bookings (2 or more people) (ALL bookings \$198 single or multiple after Early bird discount date) HCWA Helping Children With Autism package price \$550. HCWA price includes 2x50min follow-up Skype, phone or face-to-face consultation with a Fabic behaviour specialist consultant to individualise course material to your family situation. (All prices are inclusive of GST. Cancellation Policy Applies. ALL payments to be finalised prior to workshop)

**Note:** Limited places available. Booking will be confirmed on receipt of payment (i.e. direct transfer, credit card or cheque by mail)

**Register:** Please fill in the registration form (page 3) of this attachment and return by fax, email or post.



### Contact Fabic

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(ABN: 51755382014)

Course Name \_\_\_\_\_ Location \_\_\_\_\_ Date of Course \_\_\_\_\_

Course Times: 8.30am Registration > 9am Start > 4pm Finish

Full Price: \$198 per person > Early Bird Price: \$176 per person > Group bookings (2 or more people): \$165 per person > HCWA: Helping Children With Autism package price \$550 (HCWA price includes 2x50min individual behaviour specialist consultations) > Webinars \$220.00 per person (all prices are per person, per workshop)

All prices are inclusive of GST. Cancellation Policy Applies. ALL bookings \$198 per person (Single or Group) after Early Bird discount date. ALL payments to be finalised prior to workshop.

### Invoice Details

Contact/Invoice Name	Company	Email	Postal Address	Phone	Fax

### Participant Details

Attendee Name/s	Certificate of Attendance Required	Email	Phone	\$
Total				\$

### Payment Details

Cheque Please make all cheques payable to FABIC

Visa  Mastercard  Bankcard

Direct Transfer (EFT) Please Record Receipt No:

Card Number

Account Name FABIC Pty Ltd  
 Bank Westpac  
 BSB 034-610  
 Account No. 213 340

Expiry Date  Name of Card Holder \_\_\_\_\_

Signature \_\_\_\_\_

### To Register

Please fax, post or email registration form to details below:

Suite 34 Worongary Town Centre  
 1 Mudgeeraba Road  
 (exit 77 via Pacific Hwy)  
 Worongary QLD 4213  
 P 07 55 305 099  
 F 07 55 305 079  
 info@fabic.com.au

fabic.com.au

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**Cancellation Policy:** Workshop bookings cancelled within 14 days of course date will receive no refund due to catering and booking fees. Workshop bookings cancelled 15 days or more prior to course date will incur a \$50 service fee. Workshops are transferrable to another attendee with prior notice.