

# Changing Behaviour

*Behavioural Strategies to increase positive behaviours*

## Overview

Many people are using unwanted behaviours but really don't want to be ... they simply do not know what new positive behaviours to use instead. Using desired behaviours is a skill; a skill that often needs to be taught and not expected that people know how to do automatically ... just like learning to read or driving a car; we all need the opportunity to learn new skills! People frequently use unwanted behaviours in response to challenges they are experiencing & currently do not know how to respond to this same experience by using desired behaviours. Whether it be a 3-year-old or a 60-year-old; we all have used unwanted behaviours at some time, and will again in the future unless we are taught to respond differently. If we want to see new positive behaviours, we must teach what we want to see!

## Objectives

This course will support people to firstly understand why people use certain behaviours and with this information influence positive behaviour change in self or other people. Attending this unique and hands on workshop will provide you with a new and innovative experience in the application of individualised behavioural strategies. Use of real case examples and the opportunity to practice learned strategies throughout the workshop allows for a true understanding that can be integrated into your every-day-life.

The focus of this workshop will be on learning skills-building behaviour strategies (teaching new positive behaviours) and preventative strategies as opposed to reactive strategies (only responding once the unwanted behaviours have occurred).

*"The more time we are using wanted behaviours the less time we have available to use the old unwanted behaviours"*

## 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

Understanding Behaviour

- 1 10 Behaviour Assumptions
- 2 Anxiety and behavioural deterioration
- 3 Sequence and Functions of Behaviour
- 4 Identifying when intervention is required (Behaviour scale)

### Module 2

- 1 Types of Behavioural Interventions
- 2 Punishment vs. Reinforcement
- 3 Alternative Appropriate Behaviours
  - i Behaviour rating scale
  - ii I choose charts
  - iii Get the facts before I respond
  - iv Can I change or control this situation?

### Module 3

- 1 Creating Predictability and a sense of purpose
  - > Visual Schedules
  - > Task breakdown templates
  - > Task Analysis
- 2 Token Economy

### Module 4

- 1 Expressive communication
- 2 Social skills
- 3 Relaxation strategies
- 4 Summary

## Contact Fobic

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# Changing Behaviour

Positive Behavioural Strategies to Increase Wanted Behaviours while Decreasing Unwanted Behaviours

## 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.

## Testimonials

"I came to this course to learn to understand my son. I have left with a better understanding of myself, my husband and my mother in law & feel a new sense of control in going back to my life. Thanks Tan".

*Hobart Mother*

Terrific session, really glad I attended and I will recommend to school staff and support workers.

*Dr Sandra Jones, University of Wollongong*

Most other seminars are useful, but give nothing practical to take away. These seminars are brilliant in that the resources can be used!

*Lilian Lomanaco - DETA*

I can't wait to try the new ideas! Very easy to listen to, practical ideas and excellent resources to take away.

*Alison Hammond, St Josephs School Grafton*

A very practical approach to managing people with extremely challenging behaviour.

*Julie Thompson, DECS Riverland Office*

**fabic**   
*behaviour science for real life*

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