



Tanya Curtis

Behaviour Specialist and Counsellor

Offering one to one, family & workplace consultations in Brisbane in 2020

NDIS and HCWA approved provider





ABOUT TANYA CURTIS

Behaviour Specialist and Counsellor

Assoc Dip Ed. (Child Care), BHealthSci. (BehMgt), MBehMgt, MCoun

Tanya Curtis brings a practical, simple and very effective approach to behaviour change which is based on supporting people to develop concrete, successful skills to respond to day-to-day challenges while simultaneously valuing each person for the amazing and lovable being they innately are.

Many people describe Tanya's work to be 'completely life changing'

Tanya founded Fabic (Functional Assessment and Behavioural Interventions Centre) in 2006. Fabic is a multi-disciplinary Behaviour Specialist Clinic based on the Gold Coast, Australia that offers local, national and international consultation and training services to support with understanding and changing behaviour.

Tanya leads a team of highly qualified and caring Behaviour Specialists, Psychologists, Autism Specialists, Speech Pathologists, Occupational Therapists and Counsellors, as well as dedicated administrative staff.

In her practice Tanya works with government departments, organisations, groups, families, couples and people of all ages using any behaviour they would prefer not to be using ... now that is all of us!

Tanya supports those who come to Fabic to understand the reasons behind their unwanted behaviours and develop the tools and life skills to be free to make different choices in the future and thus live their full potential.



Tanya is renowned for supporting with behaviour change in the tough cases that others have all but given up on – cases including but not limited to life-long depression, anxiety attacks, extreme behaviours in children, marriages on the brink of divorce, workplaces overwhelmed with staff dynamics, intense family environments and people who have been institutionalised with eating disorders or drug and alcohol addiction.

Tanya began working as a Behaviour Specialist in a university and clinical setting when she first graduated with her Bachelor's degree in 2002 and continued in the university setting while completing her Master's degrees. Tanya has successfully completed:

- Master of Behaviour Management
- Master of Counselling
- Bachelor of Health Science (Behaviour Management)
- Associate Diploma of Education (Child Care)

On completion of her Master's degrees, Tanya transitioned to a full-time clinical setting and has committed to regular and ongoing professional and personal development as part of her dedication to supporting others.

At the heart of the principles of her approach, Tanya accepts and embraces all individuals for the awesome, amazing and lovable being they naturally are and knows without any doubt that behaviour is not who a person is, it is what they do; and thus, all behaviour can be changed when factors surrounding behaviour change are conducive.

Tanya can support with any unwanted behaviour including but not limited to:

- Anxiety
- Control issues
- Relationship challenges
- Business, staff, team support
- Workplace politics and dynamics
- Parenting
- Depression, grief and loss
- Finding your purpose in life/living to your full potential
- Bullying
- Autism Spectrum Disorder and other disabilities
- Understanding behaviour
- Drug and alcohol use
- Changing unwanted behaviours
- Social skills
- Sibling rivalry
- Family support
- Perfectionism



Tanya is available in Brisbane on the following dates

Type: *face to face or online via Skype*
Funding Options: *NDIS, HCWA, Self-funding*

January 2020

Mon 13
Tue 28

February 2020

Mon 10
Mon 24

April 2020

Mon 6
Mon 20

May 2020

Tue 5
Mon 18

June 2020

Mon 1
Mon 15
Mon 29

July 2020

Mon 13
Mon 27

August 2020

Mon 10
Mon 24

September 2020

Mon 21

October 2020

Mon 19

November 2020

Mon 2
Mon 16

December 2020

Tue 1
Tue 15

Brisbane - Gold Coast - Lismore - Web - Onsite - Online
services available nationally and internationally

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Bookings are essential

www.fabric.com.au