

Fabrics DVD Series

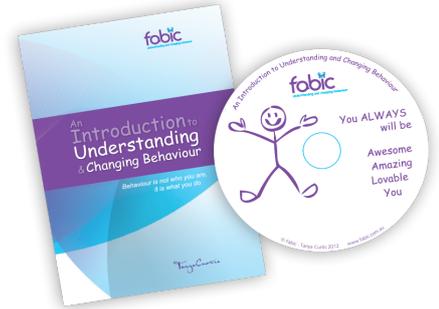
presented by Tanya Curtis

fabric
understanding and changing
behaviour

1 An Introduction to Understanding & Changing Behaviour

Supports and inspires understanding and lasting behaviour change

We all at times either know someone, or have been that someone who has fallen into a 'blame, victim, helpless' mentality, pointing the finger at situations, people, activities or events as the reason why unwanted behaviours were used. The information on this DVD supports people learning how to take responsibility for their own behaviours which can in turn influence behaviour change in other people. Fabrics' Behaviour Specialist team supports all people to either understand and change their own unwanted behaviours or those same behaviours used by other people. Useful in supporting consistency of 'understanding' and 'language' in homes, workplaces and the community.

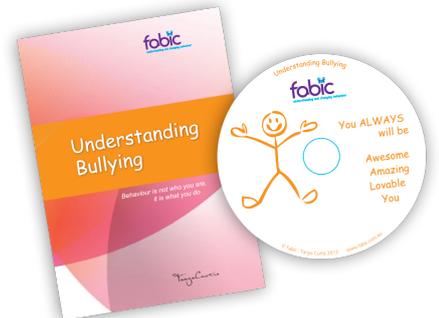


2 Understanding Bullying

Learn to re-empower yourself by taking responsibility for your behaviours in life

Bullying is an issue that is prominent in all areas of society today. Whether it be in a school setting, the workplace, the home or the greater community, many people find themselves either the victims or perpetrators of 'bullying' behaviour. This DVD is based on the principle that 'we are all responsible for our own behaviours and own outcomes in life'. If we are the ones being bullied, we need to examine our own behaviours and question 'what am I doing that is exposing me to being bullied?' If we are the one who bullies, we also need to examine 'what is happening for me that results in my need to CONTROL the emotions of another person?'

This presentation is aimed at equipping people with the tools to better understand bullying behaviours and gain a sense of responsibility over their own life by learning to understand themselves, their own behaviour choices and their part in bullying incidents. Duration 28 minutes.

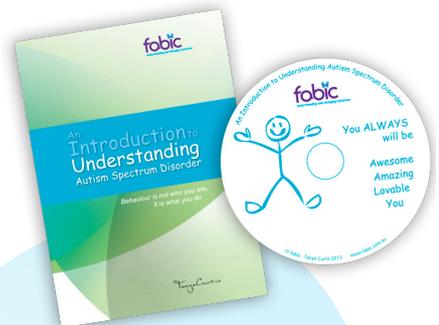


3 An Introduction to Understanding Autism Spectrum Disorder

Learn what Autism Spectrum Disorder is and how to support/understand a person with it

At FABIC we have noticed an influx of clients presenting with an Autism Spectrum Disorder (ASD). It is our experience that they perceive the world very differently and will often respond negatively to situations that others may respond positively to. This DVD presents that a person with an ASD often feels as if they were living in a foreign country, confronted with abstract customs, norms, cuisine, language and gestures. These challenging situations are often the triggers for increased levels of anxiety and likely behavioural deterioration.

This DVD is a valuable resource for those supporting individuals who fall under the Autism Spectrum. The various tools and insights presented are also relevant to a person with high functioning ASD who is looking to understand and change their own behaviour.



About the Presenter

Tanya Curtis, Senior Behaviour Specialist

Tanya Curtis comes with a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education.

Tanya is a Behaviour Specialist, counsellor, author, founding director of Fabrics' Behaviour Specialist Centre and co-founding director of Sunlight Ink publishing where she authors and publishes children's books and books related to behaviour change.

Having founded Fabric, a national Behaviour Specialist multidisciplinary centre in 2006, Tanya is highly renowned for supporting individuals, families, schools, businesses and organisations related to and affected by behaviour to bring understanding and lasting behaviour change to their lives and others and often supporting in cases where people have all but given up.

Tanya holds as a foundation that behaviour is what people do and not who people are. Thus she knows that at the core of each and every person is an awesome, amazing, lovable being notwithstanding the fact that some behaviours may benefit from adjustment.



The DVDs are **A\$35** each or **A\$90.00** as a set of 3 and can be purchased in person at Fabric or online at www.fabric.com.au/products

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