

Changing Behaviour

Workshop - written & developed by Tanya Curtis

Overview

Many people use behaviours that have a negative impact on themselves and those around them; acting or behaving in a way that they would prefer not to be. This can range from more intense, extreme melt-down behaviours such as temper-tantrums, depression, anti-social behaviour, drug and alcohol addiction, bullying and control issues, through to more outwardly mild behaviours such as anxiousness, unhealthy eating, lack of confidence or running on stress.

Although we know these behaviours are not supporting us, we often find it difficult to make different choices in the way we speak, interact and behave throughout life.

It is our experience at Fabic that people frequently use unwanted behaviours in response to situations in life they find challenging; situations they do not feel equipped to respond to by using positive and wanted behaviours. At times people simply do not know what new positive behaviours to use instead.

Using desired behaviours to respond to all parts of life 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; choosing the behaviours we would like to use in response to life's challenges is a skill that can also be learnt.

Whether it be a 3-year-old or an 80-year-old; we all have used unwanted behaviours at some point in our life, and will again in the future unless we are supported and taught to respond differently. This workshop provides participants with a greater understanding of the reasons behind their unwanted behaviours, and the practical tools to choose differently in the future.

What you will learn

This course will support people to first understand why people use certain behaviours and with this information support positive behaviour change in self or other people.

The focus of this workshop will be on teaching new positive behaviours to respond to life, and preventative strategies as opposed to reactive strategies (only responding once the unwanted behaviours have occurred). Use of real case examples and the opportunity to practice learned strategies will allow participants to develop a true understanding that can be integrated into your every-day-life.

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



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Who should attend?

1. Any person who would like to develop a greater understanding of why unwanted behaviours occur, and learn simple practical tools to support true and lasting behaviour change in yourself or in any other person.
2. Employees from: Education Services, Disability Services, Mental Health Departments, Medical Services, Justice Departments, Welfare Agencies, Residential Support Networks, Legal Services & other Health & Human Services
3. Supporters of people who use unwanted behaviours including parents, partners, siblings, grandparents, relatives and friends.



Course Outline

Module 1 - Understanding Behaviour

1. People are not their behaviour
2. 10 Understandings of Behaviour
3. Fabic's 3 Step Process to Behaviour Change
 - Behaviour Scale
 - I choose Chart
4. Types of Behavioural Interventions

Module 2

1. How our responses influence behaviour change in other people
 - Punishment vs. Reinforcement
 - Consistency
2. Teaching 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?
3. Token Economy

Module 3

1. Creating Predictability and a Sense of Purpose
 - Visual Schedules
 - Task breakdown templates
2. Communication and Social skills
3. Summary

