



PSYCHOLOGY & BEHAVIOUR COUNSELLING SERVICES



NOW AVAILABLE
Thursdays and Saturdays at
FLAGSTONE FAMILY PRACTICE

FABIC PSYCHOLOGY AND BEHAVIOUR COUNSELLING IS A SPECIALISED CLINICAL SERVICE OFFERING:

- General counselling and support for all ages
- Strategies for understanding and changing non-preferred or unwanted behaviour across all areas of life – relationships, school/work and family
- Support for families and children with ASD, ADHD, intellectual disability and challenging behaviour
- Assessment and diagnosis
- Information and referrals

FABIC Behaviour Specialist Centre is a multi-disciplinary clinic with offices on the Gold Coast and in Brisbane, available online and on site – now offering Psychology and Behaviour Counselling to the Flagstone community. These services can be accessed from the Flagstone Family Practice on Thursdays and Saturdays, bookings to be made directly with FABIC (see reverse page).

Fabic is a National Disability Insurance Scheme (NDIS) registered organisation and Medicare plans and private health funds can be used for some services.

Fabic services include Psychology, Speech Pathology, Behaviour Specialist Services, Behaviour Counselling and Occupational Therapy.

**TO BOOK PLEASE CALL FABIC
07 5530 5099**

FABIC STAFF @ FLAGSTONE CLINIC



SARAH BROOME

Psychologist (General, MAPS) & Behaviour Counsellor

Sarah Broome is a psychologist who brings a deep love of people and a commitment to supporting others to re-connect to their innate wisdom and responsibility. Sarah supports clients of all ages to build a way of living that, when embraced and put into practice, steps each person closer to living and reaching their full potential.

Sarah applies the FABIC Body Life Skills program based on Functional Behaviour Assessment to support lasting behaviour change and introduce the practical steps to live the amazingness that is within us all.



ALL FABRIC SERVICES ARE FOUNDED ON THE BODY LIFE SKILLS PROGRAM THAT IS BASED ON THE FOLLOWING PRINCIPLES:

1. All unwanted behaviour happens for a reason
2. All unwanted behaviour is preceded by anxiety
3. To understand and bring lasting behaviour change, we need to understand anxiety first

Anxiety comes from the BODY when a person is in a part of LIFE they perceive they do not yet have the SKILLS to respond to.

Life lessons are presented in our homes, work places, schools, relationships, tasks etc. ... in fact, every moment of every day is a potential life lesson. Sometimes we perceive we are equipped – and other times not. Once a person feels equipped, (i.e. they perceive that they do have the skills to respond to that life lesson), lasting behaviour change occurs.

Thus, the therapeutic approach brings focus to identifying the parts of life a person perceives they do not yet have the skills to respond to. It then supports them to develop the skills needed.



At Fabric we support families, children, adolescents and adults experiencing a wide range of life challenges.

It is our goal to bring focus to increased independence, capacity and thus quality of life and well-being.

We work with those who use low-intensity non-preferred behaviours right through to extreme high-intensity challenging behaviours as well as with their parents, guardians, carers, teachers and support staff.

To book a Psychology or Behaviour Counselling session @ Flagstone Family Practice or for inquiries about Fabric services, please phone the Fabric clinic on (07) 5530 5099 or email info@fabric.com.au

For further info visit fabric.com.au

OTHER FABRIC SERVICES

fabric.tv

Behaviour Support videos for parents, carers, kids and professionals in mental health, disability, education and beyond.

fabric.study

E-learning short courses and certificates in the Body Life Skills programs and other topics to support lasting behaviour change.

 **fabric**
PUBLISHING

Books and products that bring about lasting behaviour change to live and reach our true and full potential.