

ANZ Urology Conference

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Presentation:

Body Life Skills – A practical 3-step approach to creating lasting behaviour change

Abstract:

The Body Life Skills program created by Behaviour Specialist Tanya Curtis is based on simplifying a number of theories including Functional Behaviour Assessment, Choice Theory, Attachment Theory, Skills Building and Humanism. The Body Life Skills program is a simple 3-step process that is based on understanding and then changing behaviour from an approach of teaching people the skills to respond to life. This model is based on (1) the understanding that much of our unwanted behaviours are a result of anxiety first, (2) on understanding that symptoms of anxiety are present when 'life' presents an aspect we perceive we do not yet have the skills to respond to and (3) that, when a person feels they have the required skills to respond to life, their anxiety and use of unwanted behaviours will be significantly reduced. Thus, understanding the reason for the anxiety is a crucial first step prior to developing and implementing behaviour change strategies based on a skills-building model. This model emphasises that the reason for the behaviour (i.e., the function) is much more important than what the actual form of the behaviour looks like.

In the clinical setting, Tanya Curtis has observed that the concerns clients present with are a result of them being presented with an aspect of life that 'they perceive' they are not equipped to respond to. The key here is focussing on what the client perceives they are not equipped to respond to and not what others judge they are or are not able to respond to or what they should or should not be able to respond to. Noting here that understanding and judgment cannot exist together. Whether it be life presenting a mistake or losing a game; loss of relationship, job or loved one; conflict in relationships or any other aspect of life – the reality is life is presenting situations all day, every day. The simplicity is when any of us (client or practitioner) feels that we have the skills to respond to what life has presented, our anxiety levels are low; whereas, when we perceive we do not yet have the required skills, our anxiety levels are increased which in turn increases our use of unwanted or non-preferred behaviours. Unwanted behaviours are used by all of us and in varying intensity. The Body Life Skills program has been used to successfully change unwanted behaviours related to depression, panic, anger, tantrums, overeating, under eating, drug and alcohol abuse, Autism Spectrum Disorder, ADHD, bipolar and other forms of unwanted behaviour.

This workshop style presentation will offer the practical three steps required to implement the Body Life Skills program in the clinical setting with clients of all ages and with all presentations of unwanted behaviour. A practical, simplified yet scientific approach to creating lasting behaviour change.

