

Aspect Conference Brisbane 2018

Tanya Curtis

Date:

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Presentation:

Autism Spectrum Disorder and Anxiety – how are they related and how can we support?

Abstract:

A person with and ASD is typically experiencing heightened levels of anxiety as a result of living in a world they do not completely understand, nor does that world completely understand them.

The discussion will be based on the foundation that all unwanted behaviour, including behaviours associated with Autism Spectrum Disorder, are a result of anxiety first. Thus, in understanding behaviour we must also understand anxiety

Anxiety occurs when a body is using behaviours that it would prefer not to be using as a result of being presented with a part of life they perceive they do not yet have all the required skills to respond to. Thus, if we support the person to develop the skills to respond to life as it is presented to each person, their behaviours will be more wanted or preferred. Thus, our approach is that behaviours are a result of not feeling equipped to respond to other parts of life.

This workshop style presentation will explore implementing a way to support all parties involved with a person with an Autism Spectrum Disorder to bring about lasting change with both the person with an ASD and all those alongside supporting.

Tanya Curtis, director of Fabic Behaviour Specialist Centre will offer an approach based on Functional Behaviour Assessment which supports bringing lasting behaviour change to all parties involved.



30-31 August 2018 (Pre-workshops 29 August)
Royal International Convention Centre Brisbane