

Australian Disorders of the Corpus Collosum Brisbane

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Presentation:

Understanding and changing behaviour

Abstract:

People from all walks of life, disability, diagnosis or not, use unwanted behaviours but really don't want to ... they simply do not know what new positive behaviours to use instead. Using desired behaviours is a skill; a skill that often needs to be taught and not expected as something that people know how to do automatically ... just like learning to read or driving a car, we all need the opportunity to learn new skills!

People frequently use unwanted behaviours in response to challenges they are experiencing and currently not knowing how to respond to this same experience by using desired behaviours. Whether it be a 3-year-old or a 60-year-old – we all have used unwanted behaviours at some time and will again in the future unless we are taught to respond differently. If we want to see new positive behaviours, we must teach what we want to see!

This presentation supports people to firstly understand why people use certain behaviours and with this information influence positive behaviour change in self or other people. Attending this unique and hands-on workshop will provide you with a new and innovative experience in the application of individualised behavioural strategies. Use of real case examples and the opportunity to practise learned strategies throughout the workshop allows for a true understanding that can be integrated into your everyday life. The focus of this workshop will be on learning skills-building behaviour strategies (*teaching new positive behaviours*) and preventative strategies as opposed to reactive strategies (*only responding once the unwanted behaviours have occurred*).

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

