

# Rural Mental Health Conference

Tanya Curtis

**Date:**

June 2016

**Presentation:**

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

**Abstract:**

Tanya Curtis, Senior Behaviour Specialist with over 16 years' experience, brings her practical wisdom to present The Body Life Skills program. The Body Life Skills Program is based on founding principles of Functional Behaviour Assessment, a previously complex and largely inaccessible assessment tool, to provide a practical tool that, when applied effectively, brings about lasting change.

In the clinical setting this model has been successful in bringing about lasting change in situations that have been largely unsuccessful in other therapy sessions, making Tanya Curtis the go to person and her way of working a last resort for many. The Body Life Skills program has been used to successfully change unwanted behaviours related to depression, panic, anger, tantrum, overeating, under eating, drug and alcohol abuse, Autism Spectrum Disorder, ADHD, bipolar and other forms of unwanted behaviour. This program is offered in face-to-face clinics and via Skype to cater for rural and international clients.

***Body Life Skills – A practical, simplified yet scientific approach to creating lasting behaviour change.***



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