

# World Federation for Mental Health International Conference

Tanya Curtis

**Date:**

September 2016

**Presentation:**

The Body Life Skills program created by Behaviour Specialist Tanya Curtis is a practical 3 Step Program that supports lasting behaviour change

**Abstract:**

The Body Life Skills program created by Behaviour Specialist Tanya Curtis is a practical, simple, yet extremely effective 3 step process that has been used in Fabic's Behaviour Specialist Centre to bring about lasting behaviour change in people with mental health and behaviour challenges.

The Body Life Skills program takes the 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.

The foundational principle is based on knowing we must first understand the reason why behaviour is occurring, prior to developing skills to support a person to feel more equipped to respond to what life is presenting. This model emphasizes that the reason for the behaviour (i.e., the function) is much more important than what the actual form of the behaviour looks.

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 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.

