

6th Asia Pacific Rim Confederation of Counsellors Conference

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Presentation 1:

Control vs Self Mastery – a key to lasting change for a person with a mental illness

Abstract:

As a Behaviour Specialist I have worked with thousands of clients of all ages who have a diagnosis or characteristics of a mental illness.

One common factor for people with a mental illness is that in their repertoire they may have an array of behaviours that are judged as controlling behaviours. These controlling behaviours can vary in intensity and for some may be totally unintentional. The outcome is often the same ... they are creating negative experiences for other people.

People with a mental illness are no different to every other person ... they want to love and be loved. The reality of this world is that there is often a vast difference between an intended message (i.e., *the message being sent*) and the interpreted message (i.e., *the message received*). Based on clinical experience, a large percentage of people with a mental illness are intending to send messages to other people to create a positive experience; however, the interpreted message (i.e., *the received message*) is actually a negative message, resulting in a form of rejection ... rejection being a contributing factor to mental health deteriorating.

In the clinical setting, Behaviour Specialist Tanya Curtis support clients to understand the difference between 'controlling behaviours' (i.e. negative message received) and 'self mastery' (i.e. positive message received)

Controlling behaviours are when we attempt to have other people change our own experience of life.

Self Mastery is when we learn to change our own behaviours to change our own experience of life.

This interactive presentation will offer participants the opportunity to learn to support lasting behaviour change for themselves and/or for any other person via the means of self mastery.

Tanya Curtis, director of Fabic Behaviour Specialist Centre, has developed a program based on Functional Behaviour Assessment which supports bringing lasting behaviour change for those with symptoms of a mental illness.

→ Watch it here:

<https://www.mentalhealthacademy.com.au/catalogue/courses/control-vs-self-mastery-a-key-to-lasting-change-for-a-person-with-a-mental-illness>

