

# 6th Asia Pacific Rim Confederation of Counsellors Conference

Tanya Curtis

**Date:**

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**Presentation 3:**

Addictions – lasting change is not only about changing the behaviour

**Abstract:**

If we make changing addictions about changing behaviour, the results will be short-lived at best. Lasting change will occur only when we address the root cause of the behaviour.

Addictions and the addictive behaviours that accompany them are the end result of how a person is experiencing life ... that is, they are the consequence and not the cause.

This workshop-style presentation will explore the need to address the root cause of behaviour and not simply focus on changing behaviour.

Based on the principles of Functional Behaviour Assessment, it is a known fact that 'all behaviour is happening for a reason'. Thus, it is this reason that requires addressing and it is not until this reason is addressed in full that lasting behaviour change will occur.

We will discuss some of the many reasons which, when left unaddressed, lead a person to using behaviours that in time become 'their addictive behaviours'. We will explore the effects of how 'addictive behaviours' are working for the person as they leave the original reason unaddressed and thus un-mastered.

This presentation and workshop will support participants to come to the understanding that an addiction is not a description of a person; rather, it is a description of what they do ... an addiction is not an illness, rather a symptom of not feeling equipped to respond to life.

As a behaviour specialist, Tanya Curtis will share practical means used in the clinical setting that have supported lasting change for clients who have used addictive behaviours.

**→ Watch it here:**

<https://www.mentalhealthacademy.com.au/catalogue/courses/addictions-lasting-change-is-not-only-about-changing-the-behaviour>

