

# Positive Behavioural Interventions for People Using Challenging Behaviours One Day Workshop

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 practice learned strategies throughout the workshop allows for a true understanding that can be integrated into your every-day-life. The focus of this workshop will be on the development of skills-building and preventative strategies as opposed to reactive strategies. This will lead to the reduction of unwanted behaviours and an increase in occurrences of more sought-after appropriate behaviours. The practical and common sense strategies presented in your user friendly workbook will allow for ongoing reference and effective implementation after you have completed this workshop.

## Objectives

A person who uses Challenging Behaviour(s) is likely to be responding to a situation they perceive as challenging and that they do not currently have the appropriate means to manage effectively. Challenging Behaviours are often a person's only existing-skills to communicate a message to other people: "I don't know how to manage this situation I am finding challenging". This programme is designed to assist individuals wanting to change their own unwanted behaviours and those who work with people using challenging behaviours to: (1) better understand the reasons why challenging behaviours occur and (2) to develop effective interventions based on preventive and skills-building strategies. Strategies learnt will assist an individual to use appropriate behaviours and therefore better manage in these same situations they previously found difficult to handle effectively.

## Course Outline

<b>Module 1</b>	<ol style="list-style-type: none"> <li>1 Assumptions of the behaviour intervention framework</li> <li>2 Anxiety and behavioural deterioration</li> <li>3 Sequence and Functions of Behaviour</li> <li>4 Means of Behavioural Change</li> <li>5 Identifying when intervention is required (Thermometer)</li> </ol>
<b>Module 2</b>	<ol style="list-style-type: none"> <li>1 Types of Behavioural Interventions</li> <li>2 Punishment vs Reinforcement</li> <li>3 Extinction Burst</li> <li>4 Alternative Appropriate Behaviours</li> <li>5 Token Economy</li> </ol>
<b>Module 3</b>	<ol style="list-style-type: none"> <li>1 Structure &amp; Routine</li> <li>2 Visual schedules</li> <li>3 Task Break down templates</li> <li>4 Task analysis</li> </ol>
<b>Module 4</b>	<ol style="list-style-type: none"> <li>1 Alternative means of Functional communication</li> <li>2 Social skills</li> <li>3 Self instruction Training</li> <li>4 Relaxation strategies</li> <li>5 Summary</li> </ol>

## Target Group

- Employees from: Education Services; Disability Services; Residential Support Networks; and other Health and Human Services who comprise of clientele using "Challenging Behaviours".
- Carers of people who use "Challenging Behaviours" including parents, partners, sibling's, grandparents, relatives and friends.
- Individuals experiencing difficulties managing day-to-day demands, heightened anxiety and/or depression.

## About Presenter

Tan Curtis has extensive experience working in the field of Behaviour Management and Counselling in university clinical settings and private practice with children, adolescents and adults who are displaying challenging and unwanted behaviours. Tan's experience has included (but not limited to) supporting those who are experiencing difficulties related to: Anxiety; Aspergers Syndrome, Autism Spectrum Disorder, Intellectual Impairment, Attention Deficit Hyperactivity Disorder, Learning Disorders, Oppositional Defiance Disorder, Eating Disorders, Bipolar, Borderline Personality Disorder, Schizophrenia and Depression. Tan has a Master of Behaviour Management; a Master of Counselling; a Bachelor of Health Science (Behaviour Management) and an Associate Diploma of Education.



## Programme Details:

Date: Friday, March 20, 2009

Time: 8.30am Registration  
9.00am Start  
4.30pm Finish

Location: Hellenic Convention Centre  
Cnr Matilda & Callum Streets  
Woden ACT 2602

Provided: Morning Tea  
Afternoon Tea

Costs: **Early Bird – Paying before 27.2.09**  
Single booking: \$175  
Multiple (2 or more) \$148.50 each

Paying after 27.2.09  
All bookings: \$198

Note: Limited places available. Booking will be confirmed on receipt of payment (i.e. direct transfer, credit card or cheque by mail). Plenty of onsite parking.

**Register:** Please fill in the registration form (page 2) of this attachment.

## Contact

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on behalf of

**Tan Curtis**  
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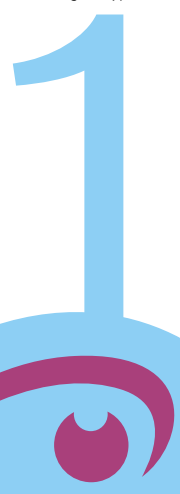
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# Registration Form

**Course Name** \_\_\_\_\_ **Location** \_\_\_\_\_ **Date of Course** \_\_\_\_\_

**Times:** 8.30am Registration > 9am Start > 4.30pm Finish

**Early Bird Price:** \$175 per person per single booking > \$148.50 per person for group bookings (2 or more people) > **Regular Price:** \$198 per person > *(All prices are inclusive of GST)*

## Participant Details

Name	Company	Email	Postal Address	Phone	\$
<b>Total</b>					\$

## Payment Details

**Cheque** Please make all cheques payable to FABIC

**Direct Transfer** Please Record Receipt No :

Account Name Tan Curtis  
 Bank Westpac  
 BSB 034-610  
 Account No. 213 340

**Visa**  **Mastercard**  **Bankcard**

Card Number

Expiry Date  Name of Card Holder \_\_\_\_\_

Signature \_\_\_\_\_