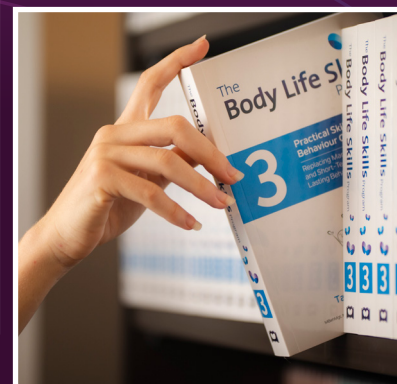




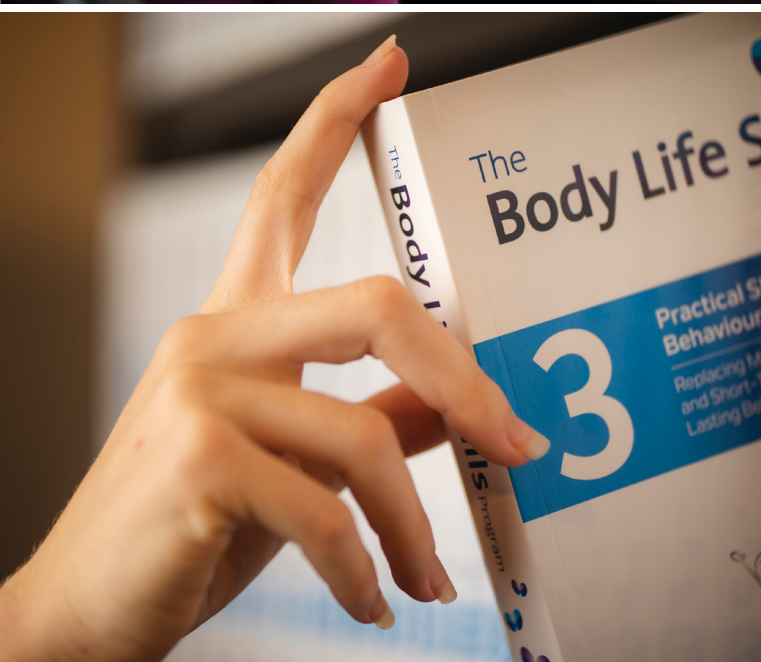
Multidisciplinary centre
offering understanding
and **lasting** behaviour
change therapies



FABIC stands for **F**unctional **A**ssessment and **B**ehaviour **I**nterventions **C**linic and we support **LASTING** behaviour change in people of all ages and demographics.



FABIC Behaviour Specialist Clinic is a multi-disciplinary centre offering *Psychology, Behaviour Specialist Services, Speech Pathology, Occupational Therapy, Counselling, Clinical Behaviour Education, Behaviour Training, Workshops and Support Worker Services.*



KEY SUPPORT AT FABIC

1 Clinical Services & Supervision

2 Education, Workshops & Presentations

Points 1 & 2 are available via telehealth, on-site (travel fees apply) and in person, in our brand new purpose-built clinic in Robina, Gold Coast, in Brisbane and NE NSW and SE QLD as well as online worldwide. Please get in touch to find out how we can support you.

3 Products & Resources

In person at FABIC Robina or via our online shop: fabric.com.au/shop

4 Support Worker Services

In person services offered on the Gold Coast, in Brisbane and the NE NSW and SE QLD areas. Please inquire how we can best support you.

5 FABIC Methodology

Where applicable, FABIC services can be funded via:

- NDIS
- Medicare Rebates
- Private Health Insurance
- Other

* Funding is independent of FABIC and needs to be organised by the client's support team before services are delivered

1 CLINICAL SERVICES

Over the years FABIC has successfully supported untold many people to bring understanding and **lasting** change to ANY non-preferred behaviour or characteristics, including but not limited to:

- Anxiety
- Perfectionism
- Sadness, grief, loss, depression
- Anger and frustration
- Parenting issues
- Relationship breakdowns (personal, social, professional)
- Social skills and interpersonal relationships
- Commitment to life and the classroom of life
- Understanding behaviours used by other people in any setting
- Bringing purpose to everyday life
- Improved quality of life and wellbeing
- Occupational challenges in workplaces and workplace dynamics
- Organisational change
- Bullying at school or work, in the community, anywhere
- Communication difficulties at home, work and school, in organisations, businesses and relationships
- Behavioural and developmental disorders
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiance Disorder
- Intellectual Disability
- Learning Disorders
- Increasing esteem and mental wellbeing
- Mental health symptoms related to:
 - Bi-polar
 - Borderline Personality Disorder
 - Schizophrenia
 - Eating disorders/disordered eating
 - Emotional and mood challenges

From extreme unwanted to mild or moderate non-preferred behaviours, FABIC offers **specialised clinical services** for all who want to identify the root cause and bring **LASTING** behaviour change into their lives. FABIC operates from the foundation that **all behaviour happens for a reason**. Non-preferred or unwanted behaviours are linked to anxiety, i.e. non-preferred behaviour occurs when a person perceives they are not YET equipped to handle aspects of life they are currently facing.



FABIC clinicians work to maintain the dignity and quality of life for all clients and are *committed to upholding the rights of individuals from all walks of life*, including those with or without a diagnosed disability or mental health condition.

We approach everyone knowing that we all have ability. However, we all have different abilities. In that we are all the same. Thus, we refer to disability as diff-ability.

NDIS: The FABIC Clinical Team works under the NDIS Code of Conduct and provides services consistent with the NDIS practice standards while FABIC as a business meets all NDIS auditing compliances.



BEHAVIOUR SUPPORT TEAM

The FABIC Behaviour Support Team consists of:

- Behaviour Specialists
- Behaviour Counsellors
- NDIS Behaviour Support Practitioners

The FABIC Behaviour Support Team offers opportunity for children, teenagers and adults from all walks of life to embrace skills-building strategies that support **LASTING** behaviour change.

Our approach is founded on the irrefutable fact that **ALL BEHAVIOUR HAPPENS FOR A REASON** and it is not until the reason for behaviour is addressed that lasting behaviour change can occur.

The FABIC Behaviour Support Team brings focus to addressing the reasons for behaviour occurring, rather than placing emphasis on the form of the behaviour.

Our Behaviour Support Team sees life as one forever expanding classroom filled with lesson after lesson that we call life – **the classroom of life.**

Non-preferred behaviour frequently occurs when a person is presented with a particular experience of life they perceive they do not YET have the required skills to respond to.

Our focus is thus on supporting people to develop skills to respond to the unique life lessons presented.

Our philosophy is based on:

Increased life skills to address
the life lessons (reason)



Feeling more equipped
to respond to life



Reduced anxiety and
reduced behavioural challenges



More settled in life



Increased use of
preferred behaviours

Whether a person has received a diagnosis or not, our philosophy is that we support any person and/or their support team who are ready to embrace all that is required for **LASTING BEHAVIOUR CHANGE** to occur.

The FABIC Behaviour Support Team offers:

- Behaviour Assessments
- Behaviour Change Consultations
- Behaviour Focussed Training
- Support to implement **LASTING** Behaviour Change

All designed to:

1. Embrace the understanding of the reason for behaviour
2. Implement strategies for **LASTING** behaviour change.

Many in the FABIC Behaviour Support Team are NDIS approved Behaviour Support Practitioners and support with understanding and changing non-preferred or unwanted behaviour.



*Our job is to make
our job redundant by
supporting you to
self-master your own
classroom of life.*

Tanya R Curtis,
Senior Behaviour Specialist

AUTISM SUPPORT

Since 2006 we have been offering clinical services, support and training to assist individuals who have a suspected or confirmed diagnosis of an Autism Spectrum Disorder (ASD). Whether child, teenager or adult – we are here to support them, their carers and support teams.

Our autism specific services can assist:

- Individuals with or without a diagnosis to develop the skills to feel more at ease and settled in life
- Relationships, interaction and social skills for one or more persons with an ASD
- Anxiety, behavioural and/or anger management challenges
- Training for support teams to increase understanding and skills when working with a person with an ASD
- Organisational change for the successful integration of persons with an ASD that support ALL equally



SPEECH PATHOLOGY

Speech pathology services at FABIC are based on the understanding that difficulties communicating are blockages to a person's true potential coming forth and being expressed. Once the blockage is addressed, the ability to communicate will often emerge of its own accord or might need targeted support to assist the person in drawing it out. This service supports with:

- Assessments and reports
- Language, speech clarity and voice
- Auditory processing
- Executive functioning and problem-solving
- Stuttering
- Social skills

- Accent modification
- Literacy
- Augmentative and alternative communication
- Classroom, school and learning support
- Autism and disability consultancy in schools
- Employment skills
- Support worker training
- Mobile speech pathology
- Speech therapy for autism
- Speech therapy for children and adults

Speech Pathology offers an increase of effective communication for all!



OCCUPATIONAL THERAPY

FABIC offers Occupational Therapy, teaching skills for everyday living and making behaviour change simple and fun.

We support children and adults of all ages who have challenges with activities of daily living. We work with you to eliminate barriers that hinder participation in life in full, which may be due to physical or cognitive challenges, developmental delay, ageing, injuries or surgery as well as social and emotional issues.

Services offered:

- Individual, family and/or group therapy
- Parent, family and/or carer support
- Support with mental health issues
- Occupational Therapy for Autism
- Screening and Occupational Therapy Assessments

- Environmental adaptations and modifications
- Equipment prescription
- Educational workshops and seminars

Assessments:

- Activities of daily living
- Home safety and modifications
- Sensory processing
- Handwriting proficiency
- School readiness
- Motor skills
- Vocational assessment and job readiness
- Functional Capacity Assessment

Occupational Therapy for Autism:

- Occupational Therapy is NDIS approved to support people who receive NDIS funding



PSYCHOLOGY SERVICES

FABIC psychologists and provisional psychologists offer specialised clinical services supporting understanding and **LASTING** behaviour change. This service is for clients who want to understand and change non-preferred or unwanted behaviour.

Where appropriate, the principles of the Body Life Skills Program, which is based on Functional Behaviour Assessment and was developed by Tanya Curtis (FABIC Founder, Director and Senior Behaviour Specialist), are integrated at the core level and in conjunction with psychology focussed evidence-based therapies. Clients are supported to build strategies for changing behaviour and bringing more quality and wellbeing to their everyday life.

Supporting with:

- Autism Spectrum Disorder, Levels 1-3
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiance Disorder
- Any mental health condition, including bipolar, borderline personality disorder and schizophrenia
- Intellectual disability
- Learning disorders
- Eating disorders
- Parenting issues
- Relationship challenges
- Communication issues at home, work, school and between people
- Anxiety, sadness, grief, frustration, anger and depression
- Social skills development
- Emotional challenges
- Understanding behaviours used by other people
- People who want to experience a deeper quality of life and improved psychological wellbeing



CLINICAL BEHAVIOUR EDUCATOR

FABIC Clinical Behaviour Educators support lasting behaviour change for those experiencing challenges in educational settings. We take the approach that with any one student, a whole community is involved – including but not limited to:

1. Students
2. Families
3. Teachers and support staff
4. Administration staff
5. Peers

FABIC Clinical Behaviour Educators work with the team to support a student of life or a group of them to live and reach their full potential. We focus on a strengths-based model that embraces each person's strengths and builds foundations that lead to greater confidence in approaching their wider classroom of life. With solid strength-focussed foundations we can then attend to supporting others to build skills to embrace their life lessons, so all involved feel ready to respond to what life is presenting.

Whether it is the student, their families, school personnel such as teachers and administrators or groups requiring social and emotional wellbeing assistance, our Clinical Behaviour Educators are here to support.

We offer:

- One-on-one skills building sessions
- Small group programs to support students to develop the skills to engage in different areas of life, including but not limited to school, friendships, building independence, etc.
- Teacher education programs for supporting students with challenging behaviours to integrate successfully into a classroom setting
- Staff mentoring to support the integration of students with individual needs
- Whole-school programs, such as: life skills, social and emotional wellbeing, understanding and dealing with our emotions using the FABIC Behaviour/Anxiety Scale, respectful relationships, communication and expression skills, making responsible choices and working with all year levels to develop curriculum-linked health programs that address specific student needs
- Tailored programs to support a school's specific needs in understanding and changing behaviour

Our service supports:

- People experiencing learning, behavioural, social and emotional challenges
- All students to build skills to access the school curriculum and engage in classroom learning (developing individual learning goals in partnership with them)
- Teachers and families to feel more equipped to respond to unique student requirements
- Training in the Body Life Skills Program framework to integrate LASTING behaviour change into natural settings – classrooms, playgrounds, homes, communities, etc.



ASSESSMENTS

FABIC provides a range of assessments that support the understanding of behaviour and provide the foundation for building capacity and independence, learning new life skills and increasing potential.

FABIC is an NDIS registered provider and some assessments are accessible for eligible NDIS participants.

Assessments include:

- Functional Behaviour Assessment
- Cognitive Assessment
- Educational Assessment
- Combined Cognitive & Educational Assessment
- FABIC Functional Capacity Assessment
- School Readiness Assessment
- Autism Spectrum Disorder Assessment
- ADHD Assessment
- Speech Pathology Assessments



2

EDUCATION, WORKSHOPS & PRESENTATIONS

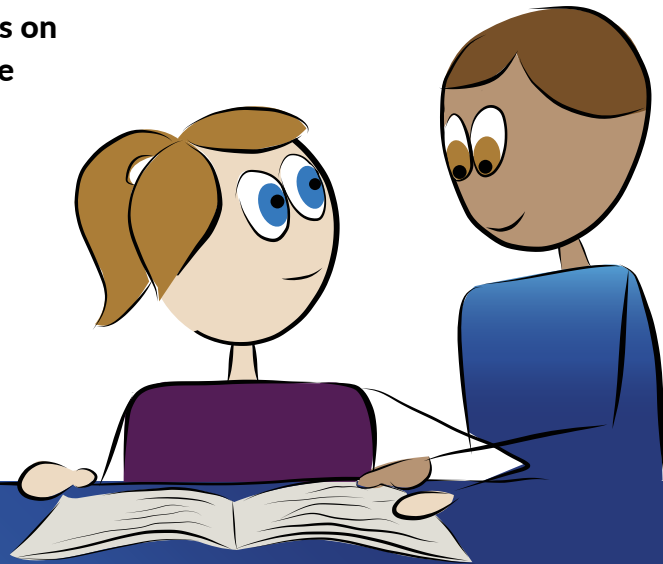
FABIC Education & Learning (FEL) encompasses a range of behaviour study courses with rich content and a wide range of practical learning material. When accurately applied in everyday life, FEL students will be able to support others with **LASTING** behaviour change.

FABIC stands for Functional Assessment & Behaviour Interventions Clinic and all learning material is based on evidence-based Functional Behaviour Assessment (FBA).

FABIC Education & Learning offers:

- FABIC Certified Clinician Pathways*
- FABIC Certified Supervisor Pathways*
- Individual Supervision*
- Group Supervision*
- Consultancy
- Group Training Programs
- Professional Development
- Staff Mentoring
- Clinical Supervision

* Visit fabric.education for more details on learning pathways, supervision and more



FABIC
Education &
Learning

CONSULTANCY

Behaviour Support for workplaces, teams and families – bringing **LASTING** organisational and interpersonal change.

FABIC Behaviour Consultants support the development, implementation, training, monitoring, evaluation and modification of behaviour support programs to any organisation or group seeking **LASTING** behaviour change. Support is available for HR departments, staff on the ground and any group of people who support behaviour change in others.

GROUP TRAINING PROGRAMS

Behaviour change programs for everybody

FABIC training programs are designed for small groups of people who experience similar challenges. The group format offers a supportive and cost-effective way and is the equivalent of five to ten individual behaviour specialist consultations.

We offer group trainings in person at FABIC Robina, on-site and via Zoom.

FABIC offers workshops and presentations that are based on the **Body Life Skills Program**, the methodology successfully used at FABIC since 2002 that brings understanding and **LASTING** change to any person, group, business or organisation when effectively applied.

PROFESSIONAL DEVELOPMENT

This opportunity to increase your skills and grow as a practitioner, a professional from any industry working with people, a student or interested member of the public in any field related to humans and their behaviour is available in different formats.

FABIC can come to your organisation, team or business and offer tailor-made training specific to your needs and requirements.

You can also attend the FABIC training rooms in Robina where we offer workshops on specific topics.

Both options are also available remotely. The learning material draws on FABIC.Study and FABIC.TV and our PD training modules come with the required assessments for PD points that apply to a growing number of specific industries and organisations.

DELIVERY

- Workshops and presentations
- Webinars online, nationally and internationally
- Face-to-face professional development days at FABIC Gold Coast or at your location

RANGE OF TOPICS

The topic for each workshop can be extended as requested by you. See some of the topics we have covered thus far on the next page.

A true teacher does not demand that the student embrace the skills.

A teacher of life says:

*I offer you this opportunity, but what you choose to do with that is (**equally**) up to you.*

Tanya R Curtis,
Senior Behaviour Specialist

TOPICS

- Social Skills
- Anger
- Healing Sadness, Grief and Loss
- Parenting
- Mental Health Professionals – Questioning Burnout in Our Profession and Looking at Another Way
- Myths Around Mental Health
- What Does Loving Yourself Really Mean?
- Eating Disorders or Disordered Eating?
- Leadership and Effective Communication Skills
- Teaching Social Skills to Others
- Communicating Effectively in the Workplace
- Caring for Self while Caring for Others
- Understanding and Addressing Bullying
- Understanding Cycles of Abuse
- Anxiety ... Does It Affect Us All?
- Anxiety and Behaviour Change
- Autism Spectrum Disorder and Relationships
- Understanding and Changing Behaviour
- Advanced Changing Behaviour
- Autism Spectrum Disorder
- Life Skills Developers
- Raising Responsible People
- Perfectionism ... Is It Holding Us Back?
- The Harm of Attachment and the Poison of Perception
- Communicating with Words and Not Unwanted Behaviour
- And many more to be presented in 2024



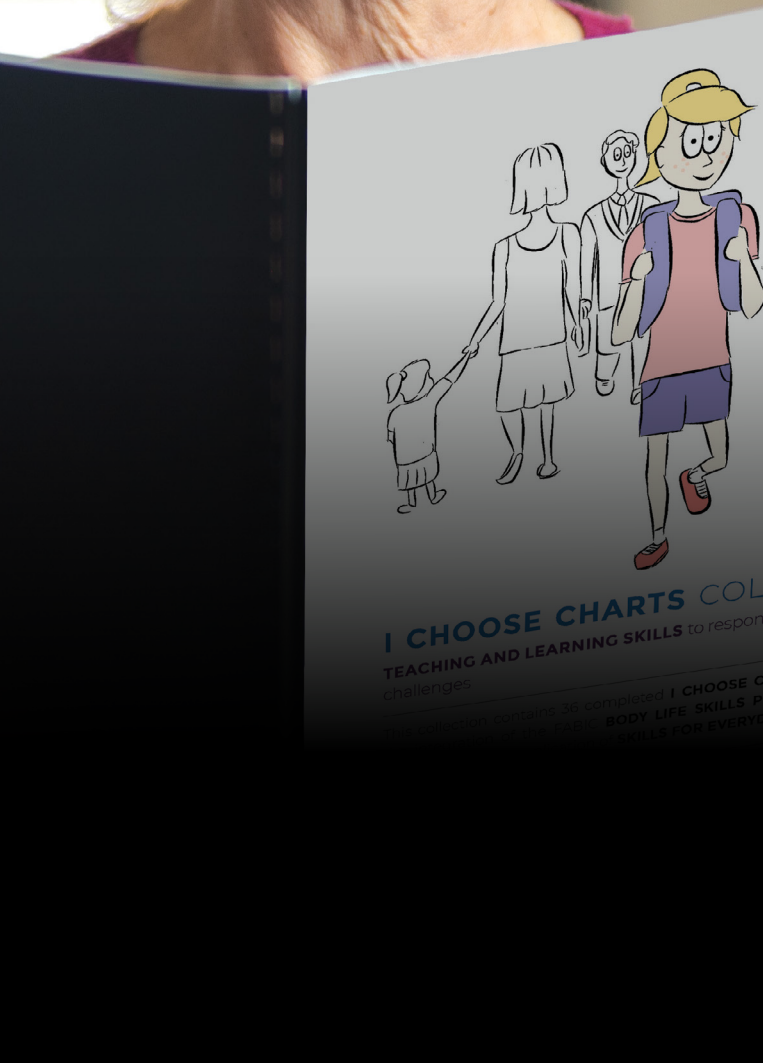


STAFF MENTORING

Organisational change made simple!

Ready to bring **LASTING** behaviour change strategies into your workplace but not sure where and how to start? FABIC Staff Mentoring Programs assist any staff member/s or teams with behaviour change assessments and to develop, implement, evaluate and modify behaviour change strategies in any workplace and across all areas related to human behaviour change.

Staff Mentoring can be offered in person at FABIC Robina, on-site in workplaces and online.



CLINICAL SUPERVISION

Enrich and deepen your clinical skills with professional support from leading Senior Behaviour Specialist Tanya Curtis, founder and director of FABIC.

Clinical supervision and mentoring:

- One-on-one for individuals
- For groups on specific themed topics
- For groups based on questions and answers and the deeper exploration of aspects of your clinical case load
- For organisation-based teams that support particular clients

FABIC.TV

BY TANYA CURTIS

Access an extensive library of behaviour support videos from leading behaviour specialist Tanya Curtis, the founder and director of FABIC. These resources are not only for professionals in mental health, disability, education, the legal system and beyond but also for parents, carers, kids and all those who have always wanted to know more about topics like Autism, Mental Wellness, Perfectionism, Loss, Depression, etc.

These video presentations are designed to support understanding and implementing **LASTING** behaviour change for self and others. FABIC.TV offers the following:

- Autism Series (15 episodes)
- Body Life Skills Series (11 episodes)
- Building Skills to Support **Lasting** Behaviour Change Series (11 episodes)
- Functional Behaviour Assessment (FBA) Series (9 episodes)
- Mental Wellness Series (13 episodes)
- FABIC Foundations 101 (four episodes: Perfectionism, Building Relationships, Seeking Feedback, Behaviour Is not WHO You Are)

Stream anytime, anywhere and on any device. Simple and flexible pricing – buy a complete series or single episodes (except FBA, which is only available as a complete set).



FABIC.STUDY LEARN ONLINE

Study online with renowned Behaviour Specialist Tanya Curtis and learn the Body Life Skills Program: a game changer when it comes to supporting **LASTING** behaviour change in all areas of life.

FABIC.Study:

- Short Course – An Introduction to the Body Life Skills Program

In development ...

- FABIC Certificate of Behaviour Studies using the Body Life Skills Program

- FABIC Certificate of Building Skills to Support **LASTING** Behaviour Change
- FABIC Certificate of Functional Behaviour Assessment (FBA) – A Practical Application
- FABIC Certificate of Autism Studies

These courses are for everyone – be they parents, guardians and carers of children, teenagers and adults or behaviour change specialists and allied health and other industry professionals, i.e. in mental health, schools and other educational settings.



fabic.study

3

PRODUCTS & RESOURCES



FABIC Publishing offers a range of products and books on LASTING behaviour change that support the building of foundations and lasting behaviour change strategies in the natural settings, such as at home, at school, in the workplace or in the community, etc.

The FABIC Publishing range includes:

- The Body Life Skills Program Books
- The Body Life Skills App
- The SunLight Ink Children's Series
- The FABIC Journal of LASTING Behaviour Change
- A set of communication cards
- An extensive collection of posters
- The I Choose Chart Poster Collection
- Yearly calendar
- Songs/CD
- Visit fabicpublishing.com for more ...




fobich
 PUBLISHING

FREE RESOURCES

Enjoy our extensive range of free FABIC resources:

- FABIC Blog
- FABIC Memes
- FABIC Journals
- FABIC Audios
- FABIC YouTube Channel

- FABIC Fact Sheets
- FABIC Quotes
- FABIC Newsletters

All products and resources are available via:

fobich.com.au



4 SUPPORT SERVICES

Our Disability Support Workers at FABIC are called FABIC Life Skills Developers (FLSD). They specialise in providing support for people (team mates) to learn and develop life skills which increase their independence and capacity in different areas of life according to individual requirements.

This service is part of the FABIC philosophy: to support and provide people with life skills in all settings, so that FABIC services are no longer required. We understand that this is not always possible and a FABIC Life Skills Developer may be required for the long term; however, our focus is always on supporting team mates to increase their own skills and their independence to step towards their own capacity.

This means that our support services are highly personalised to each individual so that they can maximise all opportunities that life offers in their unique classroom of life.

We understand that not all team mates will reach full independence; however, our FABIC Life Skills Developers assist them to walk towards living and reaching their full potential – a potential that has no fixed end point. As one nears their current potential, a next is always on offer, ready to advance to.

FABIC Life Skills Developers are carefully selected to ensure they have the qualities and skills to provide high-quality support services and work in accordance with the FABIC model and ethos.

Support Services Offered/Available:

- We provide support services to both private and NDIS-funded clients.
- Private clients can access any of our services of their choice.
- If you have a NDIS plan, we can provide services under the Capacity Building Supports Budget and will be able to provide support under the Core Support Budget in the near future.
- Visit fabric.com.au for more details



5 FABIC METHODOLOGY

The **Body Life Skills Program** (BLS) is the foundation for all FABIC Behaviour Specialist Services and Training. It is a simple and powerful tool that supports true and **LASTING** behaviour change for anyone at any age.

Body Life Skills is based on the premise that all unwanted behaviour happens for a reason and that behaviour is a communication that comes from the **BODY** when a person is in a part of **LIFE** they perceive they do not YET have the required **SKILLS** to respond to.

Thus, our focus at FABIC is on first identifying a person's LIFE triggers/lessons and then support

them by bringing SKILLS building strategies and environmental changes that assist them and their support team to feel equipped to respond to their life lesson; thus, skills building to respond to life lessons leading to the BODY experiencing lasting behaviour change is our foundation.

Visit **bodylifskills.com** for much more detailed information.



TANYA R CURTIS

Tanya is the Founder and Managing Director of FABIC Behaviour Specialist Centre and FABIC Publishing.

She is a Senior Behaviour Specialist with a wealth of lived experience as well as being a warm, deeply loving and caring woman who makes supporting and understanding others simple, fun and extremely practical.

Tanya's 'can do' and 'what's next' attitude is infectious as well as down-to-earth, very practical and simple. For untold many she has been the last resort when they had all but given up on finding someone who really 'gets' them and something that offers **LASTING** behaviour change rather than short-term relief.

Tanya has many roles, and here is a short list ...

- Award-winning Business Woman
- Senior Behaviour Specialist and Counsellor
- Teacher/Mentor
- Course Writer
- Presenter (conferences, DVDs, FABIC. TV, FABIC.Study)
- Published Author
- App Creator
- Behaviour Change Product Developer
- Co-Founder of Impulse to Action Consulting

Visit **tanyacurtis.com.au** for much, much more.

Here to support you

NDIS REGISTERED MULTIDISCIPLINARY CENTRE

SERVICES

- Behaviour Specialist Services
- Behaviour Counselling
- Psychology
- Provisional Psychology
- Speech Therapy
- Occupational Therapy
- Autism (ASD) Support
- Assessments
- Consultancy
- Group Therapy Programs
- Clinical Supervision
- Clinical Behaviour Educator
- Support Services

PRODUCTS

- Online Education
- FABIC TV
- Books & DVDs
- Products & Resources

AVAILABLE

- Greater Brisbane, Gold Coast, SEQ and NE-NSW
- On-site
- Online, Global

Here to support you



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tanyacurtis.com.au

impulsetoaction.com