

WHAT IS A THERAPEUTIC BEHAVIOUR SUPPORT PRACTITIONER AND WHAT DO THEY DO?



CBChange Therapeutic Behaviour Support Practitioners are dedicated to supporting positive change in the lives of people with disabilities and those who care for and support them.

A Therapeutic Behaviour Support Practitioner is not the expert on the participant and does not have all the answers. What they do have is a great deal of experience in building relationships with the real experts who already have a lot of the building blocks to reach the solutions: the participant and the people who know, love, and care for the participant.

WHAT IS THERAPEUTIC BEHAVIOUR SUPPORT?

Therapeutic behaviour support is all about being:

Safe

Ensuring the environment meets the participant's needs to help them feel safe and have the tools to work through challenging situations

Secure

Building and enhancing trusting relationships so the participant knows that help will be given when it is needed

Enabled

Supporting the participant to develop skills to actively and appropriately get their needs and wants met

Included

Enhancing a participant's belonging within their community, culture, environment, & broader world

WHAT DOES IT LOOK LIKE?



Understand

Undertake an assessment by interviewing, observing, and interacting with everyone across all settings, with the aim to understand the person, their behaviours, & their environments/supports to build compassion & inform the pathway to change



Plan

Build on what already works to collaboratively create a Support Plan to enhance the therapeutic, positive, and safe support strategies to be implemented by the participant and everyone supporting them



Transform

Provide direct support with the participant in their needed/wanted areas of development & bring teams together through training, coaching, modelling, & reflective practice to support everyone to thrive