



# About us



## BEHAVIOUR THERAPY



We Specialise in

BEHAVIOUR  
THERAPY

CHILD &  
ADOLESCENT  
ASSESSMENTS

COUNSELLING

OCCUPATIONAL  
THERAPY

SPEECH THERAPY

GROUP PROGRAMS



Behaviour therapy focuses on modifying or changing your child's maladaptive or problematic behaviour. As behaviours are learned, we assist parents and carers, by providing a better understanding of why behaviours of concerns are occurring. Our behavioural therapist works with individuals experiencing learning difficulties, including developmental disabilities, physical disabilities, and cognitive challenges.

The goal of therapy is to identify the problematic behaviours and help parents and carers to understand the environmental and internal factors that maintain or reinforce these behaviours. The behavioural therapists provide specialised instruction and support to help these individuals enhance their academic skills, improve their decision-making abilities, and develop their social and emotional well-being.

Observations of your child's behaviour is conducted in the natural setting i.e., your family home; day care or school environment to gain more insight into your child's behaviour. Behavioural therapist can also work in various settings such as schools, childcares, universities and in the community.

Behaviour therapy is a structured and goal-oriented approach to therapy that typically involves short-term treatment. Treatment techniques may include positive behavioural therapy, cognitive-behavioural therapy, exposure therapy, exposure prevention therapy, systematic desensitisation, aversion therapy, and operant conditioning. Our behavioural therapists can also support the implementation of assistive technology.

A variety of tools are used such as behaviour charts, visual boards, social stories, key word signs, play skills to design a tailored program to your child's individual needs.

The behaviour therapist will teach you how to create an environment that reduces the likelihood of these behaviours' occurring and develop a behaviour support plan that outlines a consistent way to respond to these behaviours. Multiple assessments and observations are conducted, and the behaviour therapist will assist in implementing household routines and mentor parents/carers to reinforce sustainable changes.

The following are the typical steps involved in a behaviour management plan:

**1. We identify the behaviour of concern**

The first step in creating a behaviour management plan is to identify the specific behaviour that needs to be addressed. This is done by observing the individual in their natural setting as well as gathering information from other sources, such as teachers or parents.

**2. We define the behaviour**

It is important to define the behaviour clearly and specifically. This involves describing the behaviour in observable and measurable terms, such as frequency, intensity, and duration.

**3. We analyse the behaviour**

To develop an effective behaviour management plan, it is important to understand the reasons why the behaviour is occurring. This involves identifying triggers, antecedents, and consequences that are associated with the behaviour.

**4. We set measurable goals**

Once the behaviour has been defined and analysed, we set clear and specific goals. This involves identifying the desired outcomes and developing measurable objectives for achieving those outcomes.

**5. We develop tailored interventions**

Based on the analysis of the behaviour and the identified goals, interventions are developed to modify behaviours of concern.

At Thinkahead the ultimate goal for behavioural therapy is to help each individual reach their full potential and achieve greater independence.



**CONTACT US TODAY**

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