



Supported Therapeutic Applied Behavioural Interventions (STAI) | Psychological and Behavioural Interventions

CRAMLI STAI

At STAI, we offer intensive support in behavioural interventions to support participants in addressing any presenting psychological and behavioural issues that affect their day-to-day life and impact others, family, and the community. Our intensive interventions address any presenting psychological and behavioural problems affecting participants, to name a few, physical aggression, verbal aggression, offending behaviour, and self-injury behaviour. STAI is a 24/7 active model with direct 2:1 support per participant and access to specialist behavioural practitioners and psychological practitioners to provide a therapeutic and holistic approach to managing behaviours of concern and concerns with mental health such as anxiety, BPD etc. We can offer our program to participants for up to 30 days of targeted interventions. We strive to build participants' capacity in learning new skills, managing distress, regulating emotions, reduce anxiety, participating safely in the community, and address behaviours of concern.

CRAMLI Australia is a registered NDIS provider of Improved Relationships (Specialist Behaviour Support) and Improved Daily Living (Therapeutic Supports).



Our interventions and approaches are based on evidence-based practices and an eclectic system of interventions which include:

- Cognitive behavioural therapy
- Trauma-based practices
- Dialectical behavioural therapy
- Restorative Practice
- Experiential Learning

Our approach is based on developing proactive and reactive strategies that anyone can implement and are person-centered.



We offer intensive training and coaching to measure participants' decrease in their behaviours of concern and improve their ability to self regulate, manage distress, improve self-care and enhance their quality of life.

This is done by conducting observations and working with families and others to develop a management plan to address behaviours of concerns.

Alongside psychological support, which aims to improve one mental health and ability to self-manage their emotions, thought processes and reactions.



At CRAMLI, we aim to support a person affected by mental illness, behaviours of concern, autism spectrum disorder, intellectual disability etc. with an active NDIS Plan

(Plan Managed and Self-Managed)

Theorists state that behavioural interventions are based on the theory that all behaviours are learnt (through classical and operant conditioning) and that maladaptive behaviours can be changed using principles such as reinforcement, modelling, graded tasks and habit formation.

How do we do it?? All our support workers have minimum certificate IV qualification as Disability Support Workers. They are trained by experienced and qualified practitioners in behaviour support, psychological interventions, and trauma-informed and restorative practice.

- Skills at-home – meals, household activities and personal domestic activities.
- Participate in their favourite activities, woodwork, art therapy, animal-assisted therapy, swimming, virtual reality therapy, and martial arts therapy*.
- Behaviour support coaching, training and management –decrease behaviours of concern in the least restrictive way, proactive and reactive strategies, improve quality of life, improve mental health, manage their distress, self-regulate, and improve confidence, self-esteem, and resilience.
- Psychological interventions to address and manage depressive symptoms, anxiety and worries, obsessions and fixations, address current or past trauma and form healthy relationships.
- Direct 1:1 and 2:1 support 24/7 with experienced workers in behavioural and psychological interventions. All staff are Level 3 trained in high-intensity support.

*all interventions and strategies are based on evidence-based practices and sound science...

“Here with you every step of the way.”



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Email:
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*Specialist Behaviour Support and Psychology/Counselling/Other Therapies are separate line items. Please see the intake form, which includes fees for services.

*5 weeks' notice is required for cancellations and changes. Fees can apply. We charge at the STA rate of 1:1 and Assistance with Self-Care Activities - Level 3