

Departmental Seminar

Behaviour Analytic Approaches to Mental Health

11:30a.m. – 12:30p.m. | September 11, 2017 (Monday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Dr. Rebecca Sharp

Bangor University

Abstract

Jane Austen said that “it” isn't what we say or think that defines us, but what we do”, which speaks to the well-founded idea that behaviour is at the heart of good mental health and wellbeing. Behaviour analytic approaches have been demonstrated to be effective in addressing a range of mental health challenges by addressing the underlying functions of behaviour and how the environment affects behaviour. Functional approaches focus on the current context of the behaviour and consider the individual's circumstances. Clinical issues such as habit disorders, self-control deficits, substance abuse, and mood disorders can be addressed successfully using these approaches. Dr Sharp will provide an overview of the theoretical underpinnings of behavioural approaches, and describe a range of strategies to improve mental health such as how to make unenjoyable everyday tasks more fun and give people choices. The application of these strategies to a range of populations such as children with learning difficulties and people with dementia will be discussed.

About the speaker

Dr. Rebecca Sharp is a Board Certified Behaviour Analyst - Doctoral level and New Zealand Registered Psychologist. She received her training and PhD from the University of Auckland Applied Behaviour Analysis Programme. Rebecca is a Senior Lecturer and the Director of the Applied Behaviour Analysis Programme at Bangor University, where her students have nominated her for five student-lead teaching awards in the last three academic years. She was awarded Best New Teacher in the Student-led Teaching Awards in 2017. She teaches both undergraduate and postgraduate classes, and is a Senior Fellow of the Higher Education Authority. Rebecca has been an invited speaker in research and clinical settings around the world, and has published articles on behaviour analytic approaches to challenging behaviour and measurement. Rebecca's research interests include behaviour analytic approaches to working with people with dementia and traumatic brain injury. As a clinician, she has worked with recidivist youth offenders, children with brain injury, and adults and children with learning disabilities.

~All are Welcome~