

INCLUSIVE
THERAPEUTICS



Therapeutic Behaviour Support



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Welcome to CBChange

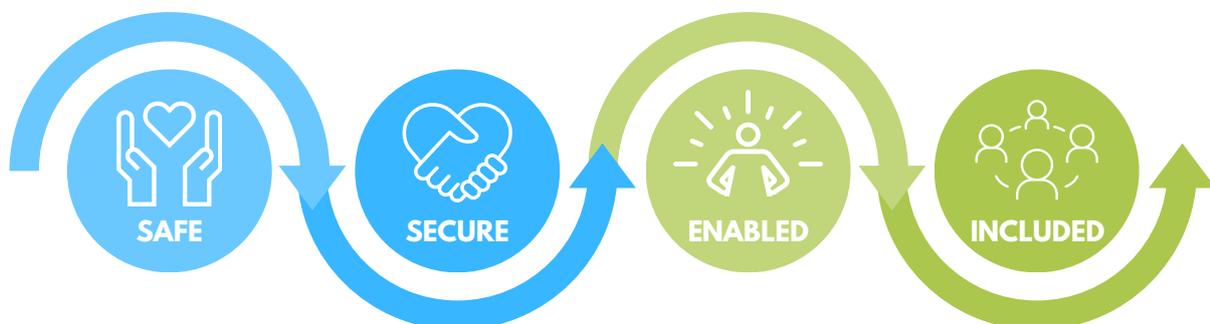
CBChange is a fully NDIS-registered Therapeutic Behaviour Support provider, offering Positive Behaviour Support that is deeply grounded in human rights, trauma-aware practice, and developmental understanding. We focus on proactive, strengths-based support that builds communication, emotional regulation, capability, and confidence. Our work centres on improving each person's quality of life by creating safe, consistent, and predictable environments in genuine partnership with families, schools, and support teams. All Behaviour Support Plans are aligned with NDIS Quality and Safeguards Commission standards. Where regulated restrictive practices are present, we ensure they are least restrictive, clearly justified, and paired with therapeutic strategies that work toward reduction and elimination.

As a trusted provider across Victoria, we tailor our approach to each individual's unique needs and circumstances, helping people and families move toward calmer, more connected lives. Our evidence-informed practice enhances wellbeing, promotes meaningful participation, and reduces behaviours of concern in ways that feel safe and sustainable for everyone involved.

Our core service is Behaviour Support under the NDIS. We work alongside participants, families, and support teams to complete functional assessments that reveal the context behind behaviours of concern, develop Therapeutic Behaviour Support Plans that prioritise safety, connection, and growth, and provide ongoing support to embed strategies into everyday routines and environments. Every plan is rights-based, trauma-informed, and designed to strengthen natural supports while reducing reliance on restrictive practices.

What Is Therapeutic Behaviour Support (TBS)?

Therapeutic Behaviour Support (TBS) is a relational, neuroscience-informed approach that looks beyond behaviour to understand the person, their environment, and their experience. At CBChange, we see behaviour as communication. We take the time to understand a person's story, their relationships, sensory world, history, strengths, and what truly matters to them. Our focus is on building safety, connection, and capability, not controlling behaviour. TBS helps people move through a developmental pathway:



- Safe — feeling physically and emotionally safe is the foundation for all growth
- Secure — trusting relationships, predictable environments, and consistent responses
- Enabled — building communication, skills, confidence, and meaningful participation
- Included — belonging, contribution, and connection within community

This pathway supports people to grow at their own pace, in ways that honour their individuality, dignity, and strengths.

Our Services

Comprehensive Behaviour Support grounded in therapeutic practice.

CBChange provides a full continuum of Behaviour Support services under the NDIS framework, integrating the Therapeutic Behaviour Support (TBS) approach with the BASIC System Model of Therapeutics (BMT).



FUNCTIONAL BEHAVIOUR ASSESSMENT

We complete in-depth therapeutic assessments using the BASIC Assessment Report (BAR) process to understand the person, their relationships, and the environments around them. Our assessments explore the contextual layers of Person, People, Systems, and Settings, develop a functional understanding of behaviour, and identify each person's strengths, needs, therapeutic priorities, and quality-of-life domains. This creates a compassionate, comprehensive foundation for meaningful change.



BEHAVIOUR SUPPORT PLANS

We develop Therapeutic Behaviour Support Plans that promote safe, consistent, and compassionate practice. Our plans strengthen connection and collaboration across teams and include proactive, developmental, and responsive strategies aligned with the Safe → Secure → Enabled → Included pathway. Each plan is designed to build capability, communication, emotional regulation, and participation in everyday life.



PLAN IMPLEMENTATION AND REVIEW

We walk alongside teams to put plans into practice through coaching, modelling, and reflective guidance. Our implementation support helps teams stay confident and consistent, while regular review through the BAR-R process, combined with progress tracking using Goal Attainment Scaling (GAS) and the BMT Outcome Survey, ensures support remains responsive and effective over time.



DIRECT THERAPEUTIC SUPPORT

When appropriate, we work directly with the person to build safety, confidence, and capability. Direct therapeutic work may include support with emotional regulation, communication, sensory coping, transitions, daily living skills, social connection, and community participation. This work is deeply relational and focused on helping the person feel safe, understood, and able to thrive in everyday environments.



TRAINING AND PRACTITIONER DEVELOPMENT

We offer training for practitioners, schools, and organisations wanting to strengthen their therapeutic practice. Through the TBS Academy and BASIC System Certification Board (BSCB), as well as customised workshops, we help teams develop skills in trauma-aware, relational, and developmental approaches to Positive Behaviour Support. Our training reflects the same values we bring to all our work: connection, collaboration, consistency, and quality of life.

Our goal is simple: to enable sustainable, therapeutic change across the person's support network, from home to community, school, and beyond.

Why Choose CBChange

At CBChange, Positive Behaviour Support is not about managing behaviour, it's about understanding the person, their relationships, and the environment around them. We see behaviour as communication and focus on building pathways toward safety, connection, belonging, and improved quality of life. Our approach is relational, collaborative, and consistent, grounded in trust, attuned relationships, and a unified therapeutic framework across all practitioners.

We are steady in complexity, working alongside families, schools, therapists, coordinators, and providers to create change that feels natural and sustainable. People choose CBChange because we offer more than behaviour support, we offer clarity, calm and a commitment to meaningful participation and wellbeing.



Relational

We focus on building safety and trust first. We support teams to build attuned, consistent, and respectful relationships that form the foundation for growth. When people feel seen, heard, and supported, they can begin to regulate, communicate, and participate more fully in life.



Contextual

Our approach looks beyond the individual to understand how daily routines, support practices, and social settings influence behaviour and wellbeing. We work across home, school, and community environments to ensure consistency and alignment.



Therapeutic

Our strategies support emotional growth and connection, not just reduction of behaviours. Inclusive Therapeutics blends Positive Behaviour Support with therapeutic principles that nurture wellbeing.

Who We Support & Where We Work

We support children, young people, and adults experiencing emotional or behavioural distress, trauma or disrupted attachment, challenges with transitions, regulation or communication, multi-agency involvement, complex or unstable environments, forensic disability or behavioural risk, and developmental, relational, or situational complexity. Our work is grounded in understanding the whole person, their relationships, experiences, and needs and recognising that behaviour is shaped by the environments and systems around them.

Because context matters, we provide support across the settings that influence a person's daily life, including home and family environments, schools and early childhood settings, residential and therapeutic care (including OOH), community and social spaces, aged care and disability services, and justice or forensic disability settings. We collaborate with multi-agency teams to ensure that support is consistent, relational, trauma-aware, and coordinated across environments. This wrap-around approach strengthens safety, predictability, and connection, helping create change that is steady, sustainable, and centred on the person.

BASIC Model of Therapeutics (BMT)

The BMT is the structured therapeutic system guiding all CBChange practice. It provides a clear pathway for understanding behaviour, supporting change, and coordinating teams. The model BMT Matrix brings together two core frameworks:

- The SSEI developmental stages — Safe → Secure → Enabled → Included
- The PPSS contextual layers — Person → People → Systems → Settings.

Together, these form a 16-domain matrix that helps practitioners understand what is happening, why it is happening, and where to focus therapeutic effort to create meaningful, sustainable change.

Why the BMT Matters

- Individualised, evidence-informed planning that reflects each person's strengths, needs, and context
- Consistency across practitioners and regions, ensuring everyone is working from the same therapeutic foundation
- A shared language that supports clear communication between families, schools, providers, and multidisciplinary teams
- Deep insight into developmental and contextual needs, helping teams understand the “why” behind behaviour
- A practical way to measure change over time, supporting reflection, progress tracking, and continuous improvement

The BMT turns complexity into clear, compassionate, and coordinated action that helps people thrive.

Our Network Practice Model (NPM)

At CBChange, no practitioner works alone. Our Network Practice Model (NPM) connects practitioners in regional teams who share knowledge, reflect together, and support one another to deliver consistent, high-quality therapeutic practice. This means every person benefits from the collective wisdom, stability, and collaboration of an entire network, not just a single practitioner.

The NPM ensures local presence, a unified therapeutic approach, and predictable, aligned support across all regions. It strengthens communication, shared problem-solving, system coordination, practitioner wellbeing, and continuity of care. When life becomes complex or circumstances change, the network provides safety, backup, and steadiness. You receive the depth and reliability of a whole organisation, paired with the warmth, familiarity, and responsiveness of your local practitioner.



Our Practitioners

Local expertise. Shared values. Therapeutic outcomes.

At CBChange, every practitioner is trained and certified in Therapeutic Behaviour Support (TBS) through the BASIC System Certification Board (BSCB). We combine professional expertise with genuine care, ensuring each person receives support that is consistent, compassionate, and locally connected.

All CBChange practitioners receive ongoing supervision, reflective practice, and clinical oversight to ensure high-quality, therapeutically aligned Behaviour Support across every setting.

Our Areas of Service

CBChange delivers behaviour support and therapeutic services across a wide range of communities throughout Victoria, ensuring individuals, families, and providers have access to high-quality, person-centred support no matter where they are located.

Our practitioners work remotely and in person, enabling flexible, timely, and responsive services that meet people where they are. We currently provide services in the following areas:

- Greater Melbourne
- Gippsland and Latrobe Valley
- Bendigo & Central Victoria
- Geelong and Surf Coast
- Echuca & Northern Victoria

Referrals & Contact

CBChange welcomes referrals for Therapeutic Behaviour Support (TBS) and related services for NDIS participants of all ages. We prioritise collaboration with Support Coordinators, Therapists, Families and Providers to ensure consistency and positive outcomes across each person's support network.



We Receive Your Referral

Referral received, we confirm capacity and keep you updated.



Getting To Know You

When service is ready to begin, we complete an intake together with your practitioner.



Your Service Agreement

We send a simple, clear Service Agreement so you know what to expect.



Your Support Begins

Meet your practitioner and begin therapeutic support.

A Story of Change

“We changed the environment around him... and he found space to grow.”

When we first met Liam, even small changes led to shutdowns and distress. School felt overwhelming, and his family felt defeated. Through a gentle therapeutic approach, we created:

- calmer routines
- sensory adjustments
- co-regulation strategies
- predictable transitions
- shared communication between home and school

As Liam felt safer, he began participating again. He joined group time. He smiled more. He asked for help in new ways. His teacher said, “Once he felt safe, everything else became possible.”



Ready to connect someone with support?

Submit a referral online and we'll be in touch within 3 business days.

Refer Now



CBChange

inspiring people