
A day in the life of a *behaviour support* practitioner.

A free chapter from the CorePBS Field Guide — the plain language introduction to positive behaviour support, written for psychology students deciding whether this is their field.

People imagine this job as either constant crisis or endless paperwork. It is neither, and it is both.

Most of behaviour support is quiet, relational and careful. You spend your time understanding people, teaching the people around them, and writing clearly enough that a plan survives contact with a real Tuesday. Here is a fairly ordinary one for a practitioner with a moderate caseload.

8:15	Notes and a plan for the day Twenty minutes reading yesterday's implementation data before anyone needs anything. A new morning routine is starting to land for one participant. Small win. It goes in the review pile.
9:00	A functional assessment observation Ninety minutes in a home, watching, not intervening. You look for what happens right before a behaviour and right after, and for the setting events that shape the whole day: sleep, hunger, sensory load, a change in routine. You say little and notice a great deal.
11:00	Coaching the people who do the work The plan only ever works through the people around the person. You model a proactive strategy with two support workers and watch them try it. Good implementation is taught, not emailed.
12:30	Lunch, and a hard phone call A family member is worried. You listen first. Most of the call is about being heard; the strategy part takes four minutes at the end.
14:00	Writing A deep work block, turning observations into a functional assessment. This is where clinical thinking becomes a document other people can actually follow.

You bring a case you are unsure about to a more experienced practitioner. You are meant to. Supervision is a core part of the job at every level, for everyone.

THE HONEST PART

Some days include a genuine crisis, and some plans take months to move a number you hoped would move in weeks. In return the work offers something rare: you get to watch a person's life get bigger because of choices you helped design.

— THERE IS MORE

This was one chapter of five.

The full CorePBS Field Guide walks you through the whole picture.

Inside the full guide

- What positive behaviour support actually is, and why it is not behaviour management renamed
- The seven domains of the NDIS PBS Capability Framework, in plain language
- The four practitioner levels, and where you start
- The real, honest path from psychology student to first role
- What world class practice looks like: NDIS aligned, enhanced with UK models

[GET THE FULL FIELD GUIDE ↗](#)

AND JOIN THE COREPBS TRAINING WAITLIST AT [COREPBS.COM](https://corepbs.com)

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