

Behavior Alternatives to Open New Opportunities



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A Little About Me



18 years of experience

- UCLA trained
- Direct Therapy & Supervision
- Director Roles
- Quality Control
- Consultation
- Teaching

How I got here & Important things I have learned

- Becoming a parent

What is ABA



- Applied Behavior Analysis
- ABA is a scientific, evidence-based approach that applies behavioral concepts to lead to the understanding and change of behavior.
 - Behavior Deficits
 - Behavior Excesses
- ABA is considered evidence-based best practice for the treatment of autism by the US Surgeon General and the American Psychological Association



LEARNING TO RESPOND

RATHER THAN REACT

Some Research



Contingency analysis of caregiver behavior: Implications for parent training and future directions JOURNAL OF APPLIED BEHAVIOR ANALYSIS Volume 48, Issue 2, Summer 2015, Pages: 417–435, Corey S. Stocco and Rachel H. Thompson

- This study analyzes common contingencies that often contribute to inconsistent or unsuccessful implementation of behavioral strategies by parents.
 - Negative Reinforcement trap (Patterson, 2002)
 - Positive Reinforcement Trap (Wahler 1976)

The Parent Trap





● What is a “Negative Reinforcement Trap?”

- Patterson, 2002
- This occurs when a parent responds in a manner that not only reinforces their child’s maladaptive behavior, but reinforces their own behavior simultaneously.
- Example: Check-Out Line at the Grocery Store
- Long History of Negative Reinforcement History
 - Example: Infant Crying



- **What is a “Positive Reinforcement Trap?”**
 - Wahler, 1976
 - This occurs when a parent responds in a manner that leads to their child exhibiting positive, social behavior.
 - Example: Allowing extra play time because child will say respond with a loving gesture.



PARENT EDUCATION INTERVENTION RESULTS IN DECREASED CHALLENGING BEHAVIOR AND IMPROVED TASK ENGAGEMENT FOR STUDENTS WITH DISABILITIES DURING ACADEMIC TASKS
BEHAVIORAL INTERVENTIONS Volume 28, Issue 4,
November 2013, Pages: 322–343, Jenna Lequia, Wendy Machalicek and Gregory Lyons

- This study analyzes the effect of a comprehensive approach to parent training
 - Weekly Didactic Training
 - Modeling
 - Role-Play
 - In-Vivo with Training



- Study found that the parent's effectiveness improved as the parents progressed through the training.
 - Study looked at parents working with their children on academic tasks (Homework)
 - Negative Behaviors Reduced
 - Positive Behaviors Improved
- Parent Education & Training has been a component of ABA since the Landmark study of Dr. Ivar Lovaas in 1987



- Importance of this research
- Parents need to be aware of the forces acting against them
 - Choosing the unappealing short term outcome to reach the desired long term outcome
- Parents need to be properly trained so they can make educated decisions on how to respond to behavior.

ABA Strategies for Parents



Simple Strategies Can Go A Long Way



Changing Behavior through Differential Reinforcement

- Determine the function of the behavior
- Identify a replacement behavior
- Reinforce & Extinguish



Determine the Function of the Behavior

Take note of the antecedents and consequences that precede and follow the behavior

More than likely, the behavior will fall into the function of access or escape

- Sometimes, it seems like it is for attention



Identify a Replacement Behavior

A replacement behavior will serve the same function/purpose as the behavior you want to decrease

First, look within the child's already established repertoire for a behavior that may work

- If one does not already exist, you can teach a replacement
 - This may include using a different form of communication (e.g., signs, pictures, approximations)



Reinforce & Extinguish (The Hardest Part)

- Once a replacement behavior has been selected, only reinforce the behavior you want.
 - Illicit this behavior by prompting if necessary
 - Slowly reduce the intrusiveness of the prompting as the child is successful
- The behavior you DO NOT want, is not allowed to access reinforcement (serve its function/purpose)
 - An initial & sudden increase in behavior means the procedure is working.

THANK YOU!!!



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