

Advanced Parenting Techniques II

Behavioral Management Techniques

Frank Hernandez, Ph.D.

Behavioral Medicine Coordinator



Agenda

- Overview - Applied Behavior Analysis
- Time-Out and other failed strategies
- Forced Choice strategies
- On Charting and boredom
- Shaping strategies
- Variable reinforcement schedules
- Token Economies
- Operant conditioning of brainwave activity
- Q & A



Overview

- **Applied Behavior Analysis** - this phrase was first defined by Baer, Wolf, and Risley (1968). Skinner legacy.
- **Clinically versus socially important and operationalizing:**
 - test results on a behavior scale versus number of verbalizations made by a student about his sense of efficacy.
 - finger dexterity (testing jargon) versus typed words per minute.
 - child's attitudes towards others with handicaps (political correctness) versus number of times that the child initiates a conversation with a peer who is handicapped.



Overview

- Operationalizing.
- Target descriptions should be measurable and observable:
 - Saying that the child is “aggressive” versus saying that the child kicks his playmates two out of three times he losses at a game.
 - Saying that the child is moody versus noticing that the child is swearing, refusing to complete his work, etc.
 - Claiming that a child is inattentive is not as helpful as noticing that the child has not completed his work and requires multiple repetitions of the directions.



Overview

■ Applied Behavior Analysis (ABC) Flowchart

- Ensure the social validity of your goals – is it worth it
- Develop behavioral objectives – what is the goal
- Select antecedent control techniques – what to do
- Develop consequence control – if maladaptives, then what
- Collect data – this is boring
- Graph data – this is only for nerds
- Use a design – trial and error really
- Communicate with others - Plan generalization – “*fading*”
- Teach self-management – extrinsic rewards frequently lead to intrinsic gratifiers

Time Out and Other Failed Strategies



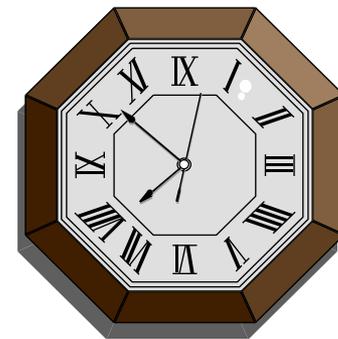
- On Harsh (*Aversive*) *Conditioning* and *Time Outs* versus DRO's (*Differential Reinforcement*) and *Forced choice*
- Undermining intrinsic motivation - bribery versus positive reinforcement
- Antecedent Control Techniques

Forced Choice Strategies



Forced-Choice & Antecedent Control Techniques

1. Home rules – in behavior analysis structure is king
2. Daily routines – literally sensitize and changes anatomy
3. A work schedule – the earlier we learn this the better
4. Parent-child and sibling interactions
5. *Modeling*
6. Systematic instruction
7. Rate of success
8. Age-appropriate activities
9. Review of the behavioral program





Forced Choice Strategies

Inappropriate Behaviors

- **Child yells out answer**
- **Child takes object by force**
- **Child expresses anger by throwing**
- **Child cries when commanded**

Appropriate Alternatives

- **Child raises his/her hand**
- **Child requests permission to borrow**
- **Child counts to ten and then asks to discuss**
- **Child complies with broken down command**

Do Your Duty. Learn Good Habits and Responsibility. Use This Daily List and Check all Completed Duties.

DAILY DUTIES®

MY WORK WAS
PLACE STICKER HERE
THIS WEEK

Name: _____

GREAT JOB!

WAY TO GO!

TAKE CARE OF MYSELF S M T W T F S

Shower or Bath							
Brush My Teeth In The Morning							
Brush My Teeth In The Evening							
Other Duties							

TAKE CARE OF MY ROOM S M T W T F S

Put My Things Away							
Put My Dirty Clothes In The Laundry							
Put My Clean Clothes In The Closet or Dresser							
Make My Bed							
Other Duties							

FAMILY DUTIES S M T W T F S

Clean Up My Mess							
Take Out The Trash							
Help With The Dishes							
Feed The Dog or Cat							
Outside Chores (Rake Leaves, Etc.)							
Other Duties							

SCHOOL DUTIES S M T W T F S

Finish My Homework							
Did I Participate In Class?							
Did I Learn Something New?							
Other Duties							

The Special Goal I'm Working Toward This Week Is:



Shaping Strategies

- System of Least Prompts (a.k.a. positive reinforcement of successive approximations): *Shaping* alternative behaviors
- *Stimulus Control* alternatives - MFA, Nickelodeon, NOVA vs WWF, South Park, or soap operas

Shaping Strategies

Provide an opportunity for the child to perform a specific skill
(from grabbing a cup of water ↓ to performing three-dimensional
Calculus)

Does the child independently initiate the task ?

↓ No

Provide a verbal prompt

↓

Does the child now performs the skill ?

↓ No

Provide a modeling prompt

↓

Does the child now performs the skill ?

↓ No

Provide a physical prompt by guiding the child through the skill

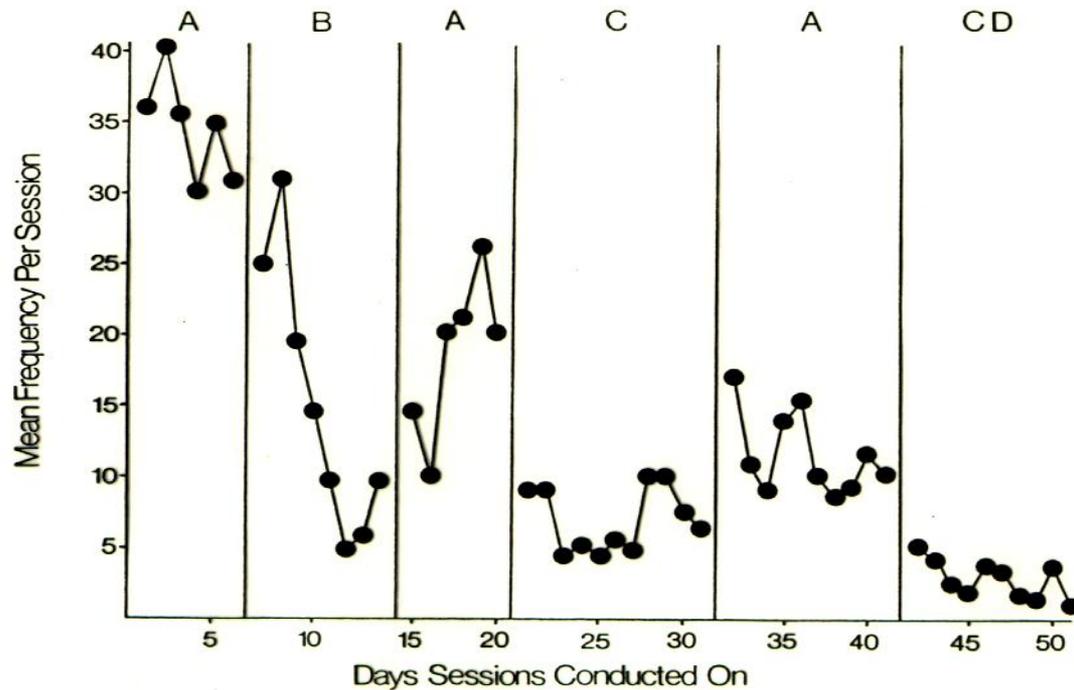




Token Economies

- Intrinsic versus extrinsic rewards
 - Long-term goals \Rightarrow short-term objectives \Rightarrow lesson plan objectives
 - \Uparrow math skills at 2nd grade \Rightarrow \Uparrow addition skills \Rightarrow given a worksheet - regrouping into 10's with 90% accuracy
- *Token economies* and secondary reinforcers

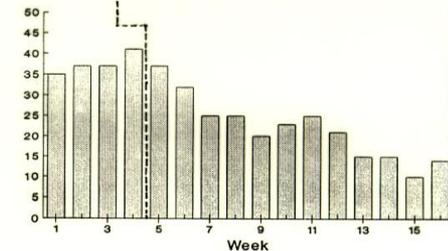
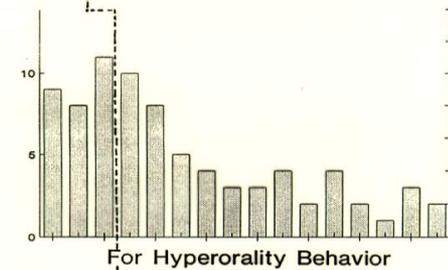
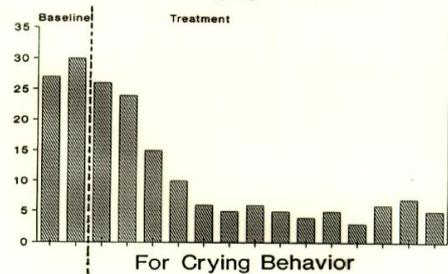
Token Economies



Treatment of repetitive speech using response cost and cognitive overlearning. A, no treatment; B, response cost; C, modified response cost; CD, modified response cost and cognitive overlearning.

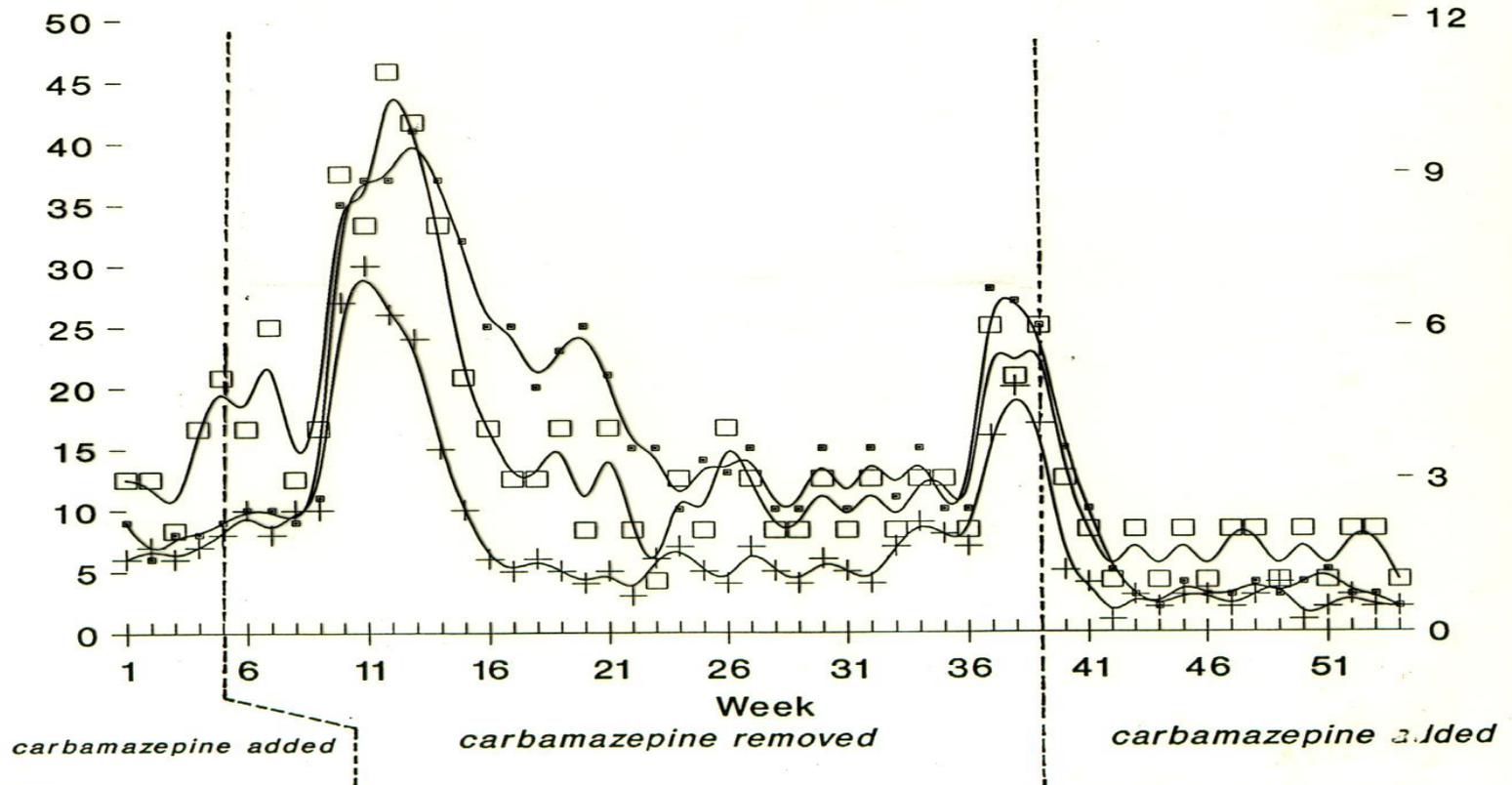
Token Economies

Multiple Baseline Token Economy
For Banging Behavior



Token Economies

Frequency of Target Behaviors



Operant Conditioning of Brainwave Activity



- Lubar versus Barkley ?
- Peak performance thresholds and neuroelectrical signatures for the diagnosis of behavioral syndromes

- URL's:



**Association for
Applied Psychophysiology
and Biofeedback**

www.aapb.org/

- Journal of Applied Behavior Analysis:
www.envmed.rochester.edu/wwwrap/behavior/jaba/jabahome.htm
- The Association for Behavior Analysis
www.wmich.edu/aba/
- Behavior OnLine
www.behavior.net/

- Q & A