

# Advanced Treatment Techniques



*"Your therapy will be a combination of drugs and clowns."*

# Old and Outdated Thinking: Something is Wrong with the Person

- Moral
- Character
- Psyche



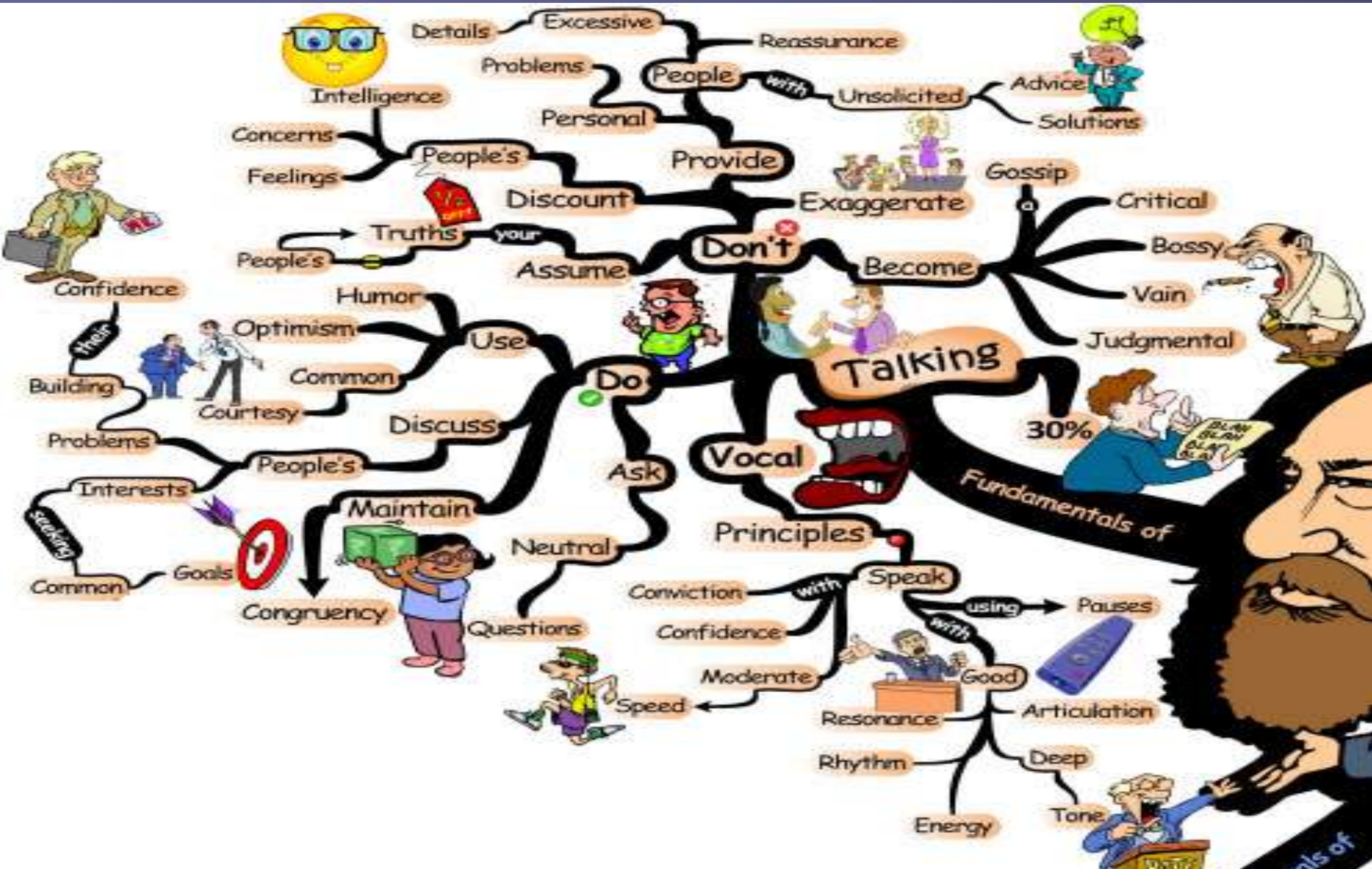
# Newer and More Advanced Thinking: Something is Wrong with their Circumstances

- “There is no such thing as a bad boy, only bad environment, modeling, and teaching”
  - Father Edward Flanagan





Assessment: Identify the Circumstances  
Treatment: Change Them





# What Difficult (and all people) Really Want

- Acceptance
- Approval
- Appreciation



# Circumstantial Learning: The Basis for all Successful Treatment



- Behavior that produces a change in circumstances
  - Directional effect on behavior
    - Quality of change
  - Repetition needed
    - Size of change
    - Timing of change



# Carrot



# Stick





# Advanced Behavioral Techniques

## ● Increase

- Presence of carrots
- Appropriate behavior—carrot sequences
- Appropriate behavior—stick sequences

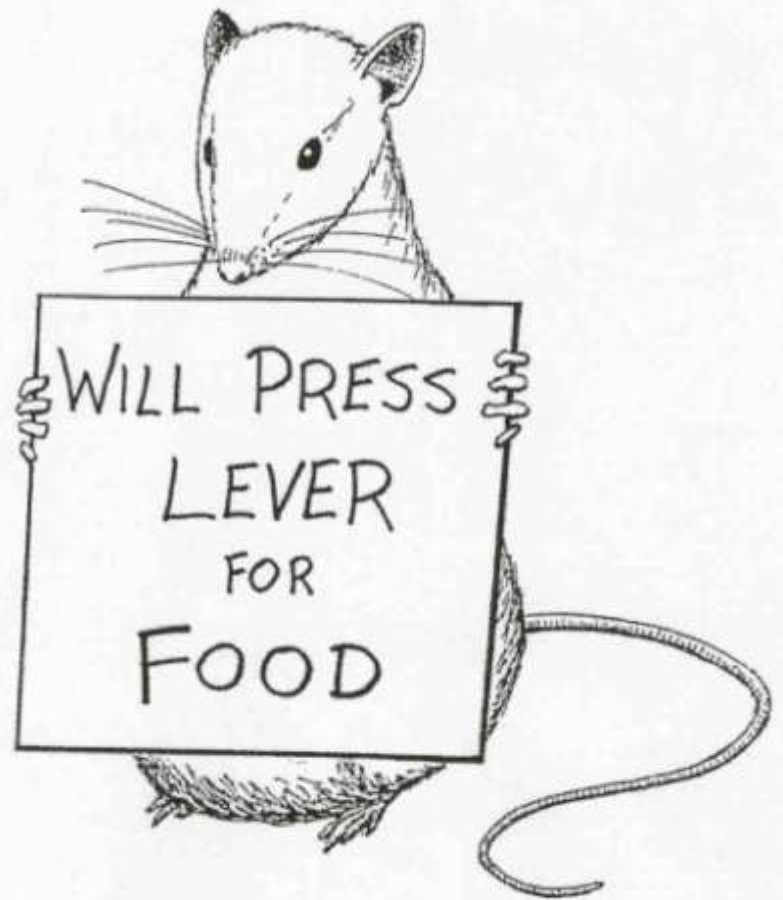
## ● Decrease

- Presence of sticks
- Appropriate behavior—stick sequences
- Inappropriate behavior—carrot sequences



# Matching Law

- Relative rates of behavior match the relative rates of reinforcement the behavior produces
- Choice is determined by probability of reinforcement and the effort necessary to obtain it



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# Positive Peer Reporting

- Social Rejection
  - Social Skills Training
  - High Status Peers
- Ken Kesey and “Feed the Hungry Bee”
- 2<sup>nd</sup> Hand Compliments
  - Trade List
- PPR





# Positive Peer Reporting Method

- Select Child
  - Who?
  - How?
- Select targets
  - Prosocial behavior
- Select time
  - End of class? Day?
- Rewards for playing
  - Points? Privileges? Praise?



# Positive Peer Reporting Measures

- Positive Interactions
  - Cooperation, assistance, conversation, other pleasantries
- Negative Interactions
  - Verbal (e.g., criticism, yelling)
  - Physical (e.g., hitting, shoving)
- Neutral
  - Opportunity w/o interaction
- Social standing





# Interactional Ratios

- Marriage Success
- Depends on ratio between positive and negative interactions
- Positive Interactions
  - E.g., favors, affection, point awards
- Negative interactions
  - E.g., criticism, insults, point fines





# Interactional Ratios: Clinical Suggestions

- Discover routine appropriate behavior
  - The miracle of the tucked in shirt
  - Eye contact
  - Inhibition
- Manipulate Reward Systems
  - 5 to 1 ratio
- Pay for Criticism & Discipline
  - 5 to 1 ratio



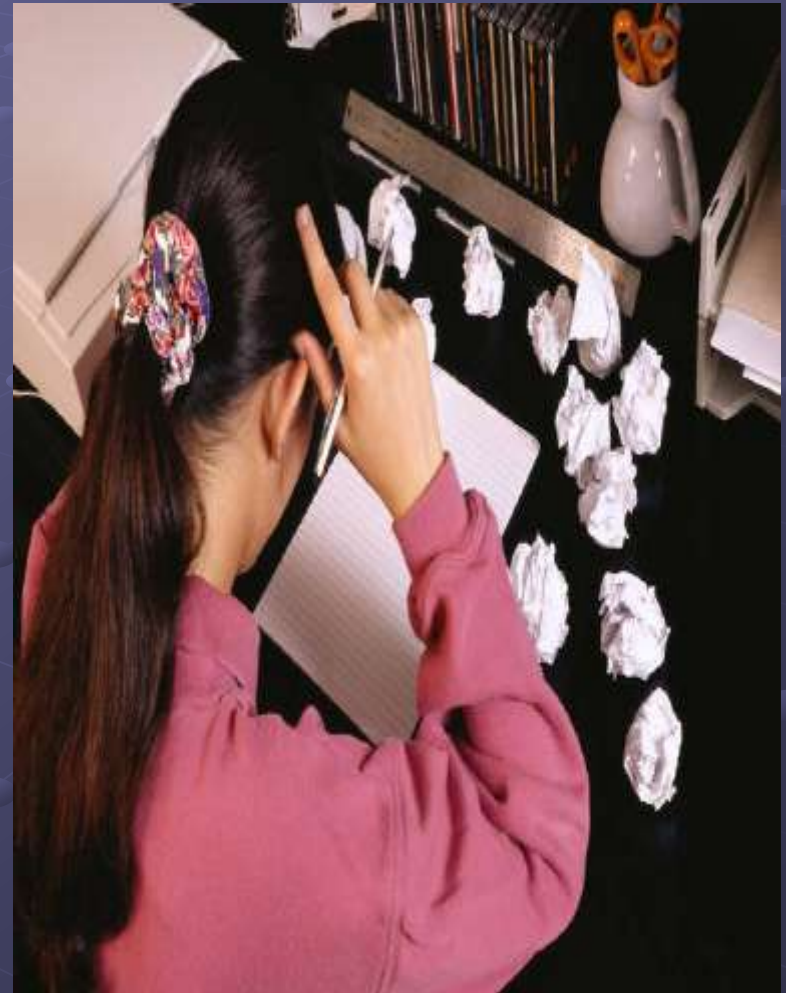
# Response Disequilibrium Theory

- Premack Principle
  - Grandma's rule
- Response Deprivation
  - $I/C > O_i/O_c$  Reinforcement effect
  - $I/C < O_i/O_c$  Punishment effect
- Response Disequilibrium
  - Attempt to regain baseline rates



# Response Disequilibrium Applications

- Home Resources
  - Bedtime
  - All electronic equipment
  - Rides and freedom in general
- Toy rotation
- Task-based Grounding
  - Non critical jobs
  - All activities ceased except
    - Jobs, homework, critical outings





# Task-Based Grounding



# Sample Jobs

- Clean bathtubs
- Clean shower
- Any set of baseboards
- Behind the toilet
- Any window
- Scrub floor
- Organize a closet
- Clean 2 square feet of grout
- Vaccum an entire room
- Shine wheels on car
- Wash car
- Sweep garage
- Polish shoes (dad's and/or mom's)

# Rules for Grounded Children

- Attending school and scheduled extra-curricular activities
- Performing required chores
- Following house rules
- Staying in room except for meals, homework, chores or school
- No visitors
- Nothing with a battery
- Nothing with an electric current
- Nothing with door leading outside
- No snacks
- Nothing with a plug



# Rules for Parents

- No nagging
- No reminding about jobs to be done
- No discussing the rules
- No explaining the rules



# Behavioral Momentum

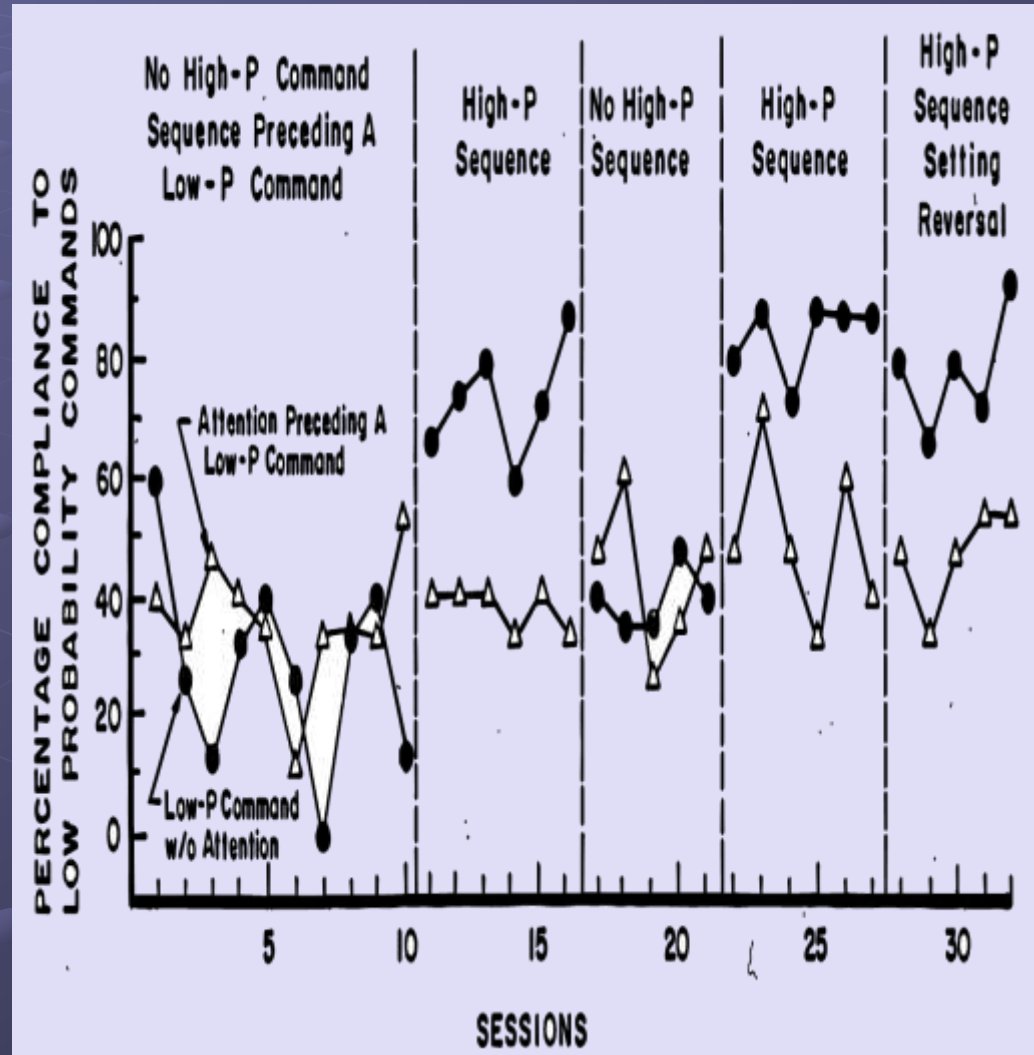
**NEWTON'S SECOND LAW - BY AMAMAS**

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# Behavioral Momentum

- Mass = Response strength
- Velocity = Response rate
- High probability commands
  - High momentum
- Low probability commands
  - Low momentum





# Behavioral Momentum

- General Findings
  - Hi P increases compliance with low p
- General Implications
  - Start with low effort high payoff commands
    - Boys town
    - Cults
    - Honey do



# Extinction



# Time Out and the Stages of Death



- Denial
- Anger
- Bargaining
- Grieving
- Acceptance



# Denial



# Anger



# Bargaining





# GRIEVING



# ACCEPTANCE

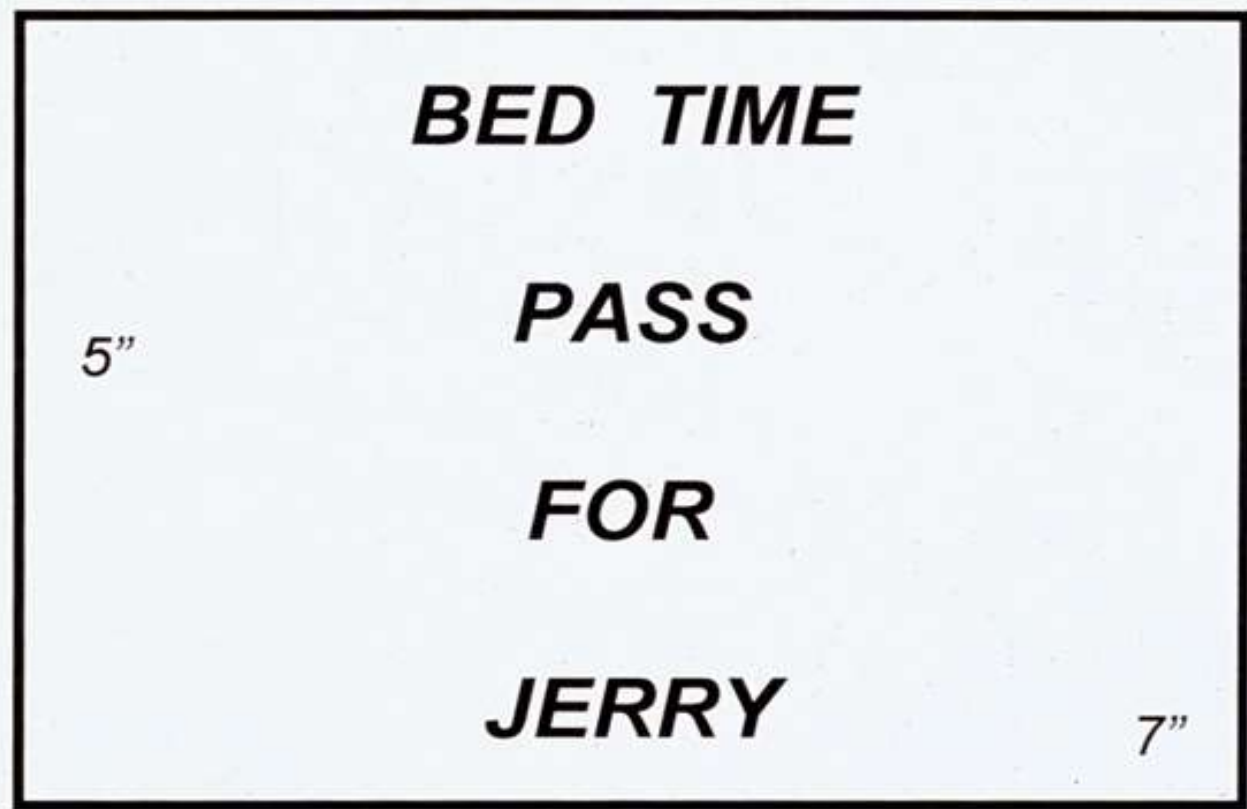






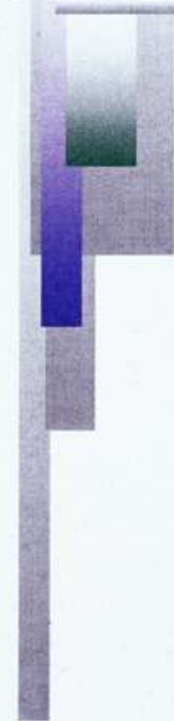


# BEDTIME PASS



# SOCIALLY VALID

## *Treatment Acceptability*



	<i>Parents</i>	<i>Pediatricians</i>
<i>Pass</i>	4.1	3.7
<i>Ignoring</i>	2.2	3.3
<i>Family Bed</i>	2.1	2.5

# WHY DOES THE PASS WORK?

- Sense of control
- Transitional object
- Simple economics
- Saving for rainy day





# Exposure and Response Prevention

- Phobias
  - Lady bugs, spiders, crickets
- Aversive situations
  - Difficult people
- Anger
  - Taking feedback
  - Barbing
    - Inhibition



# Learned Non-use





# Adjunctive Behavior





# Behavioral Activation



# Rule Governed Behavior

**Why do rules have such power over our minds?**

