Advanced Treatment Techniques

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

“Your therapy will be a combination of drugs and clowns.”
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.
Response Disequilibrium Theory

- Premack Principle
  - Grandma's rule
- Response Deprivation
  - $I/C > O/O_c$
    - Reinforcement effect
  - $I/C < O/O_c$
    - 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
- Vacuum 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 extracurricular 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
**Behavioral Momentum**

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

ACCEPTANCE
BEDTIME PASS

BED TIME
PASS
FOR
JERRY
SOCIALLY VALID

**Treatment Acceptability**

<table>
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<th>Pediatricians</th>
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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

Representative Study

- Subject
  - 14 year old boy
- General dependent variable
  - Insect phobia
- Specific dependent variable
  - Math calculations
- Independent variables
  - Graduated exposure
  - Incentives
Learned Non-use
Adjunctive Behavior

Positive Peer Reporting

- Social Rejection
  - Social Skills Training
  - High Status Peers
- Ken Kesey and “Feed the Hungry Bee”
- 2nd 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
Positive Peer Reporting: Social Interactions
Squares-positive, x's negative, circles neutral
Positive Peer Reporting: Behavior Problems

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

The Influence of Interactional Ratios on Behavior Problems
### Mean Award per Fine Ratios and Parent Daily Report (PDR) Mean Scores During Baseline and Treatment Phases

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<th>Participant</th>
<th>Awards per Fine</th>
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Rule Governed Behavior

Why do rules have such power over our minds?