

Advanced Treatment Techniques



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

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

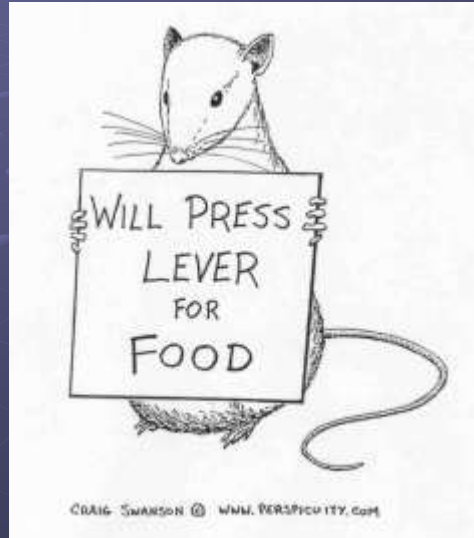
● Decrease

- 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





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
- Vacuum an entire room
- Shine wheels on car
- Wash car
- Sweep garage
- Polish shoes (dad's and/or mom's)

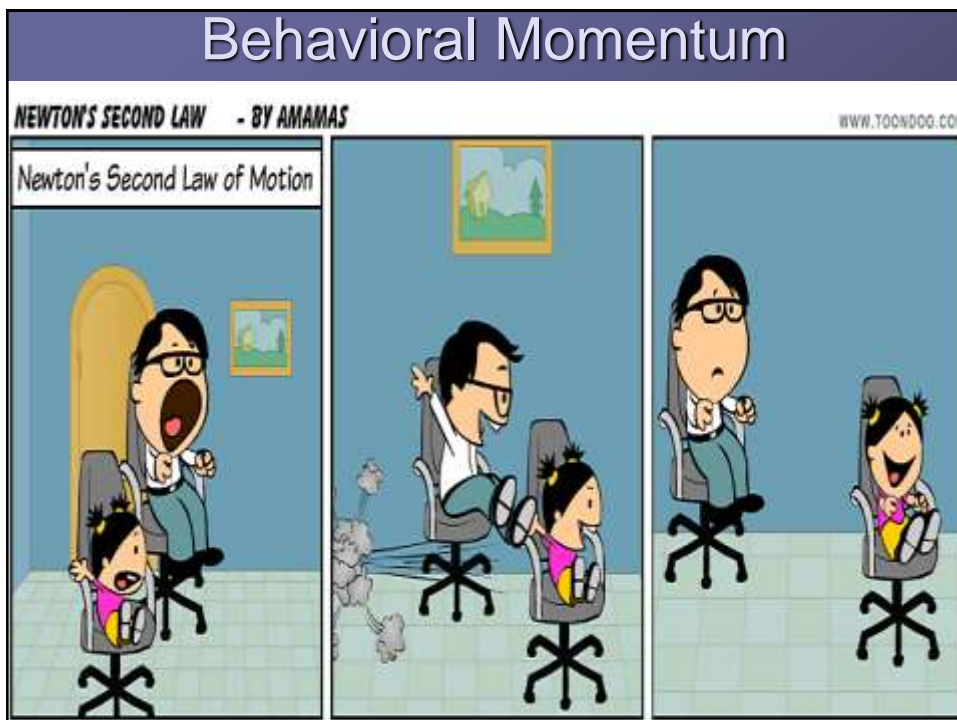
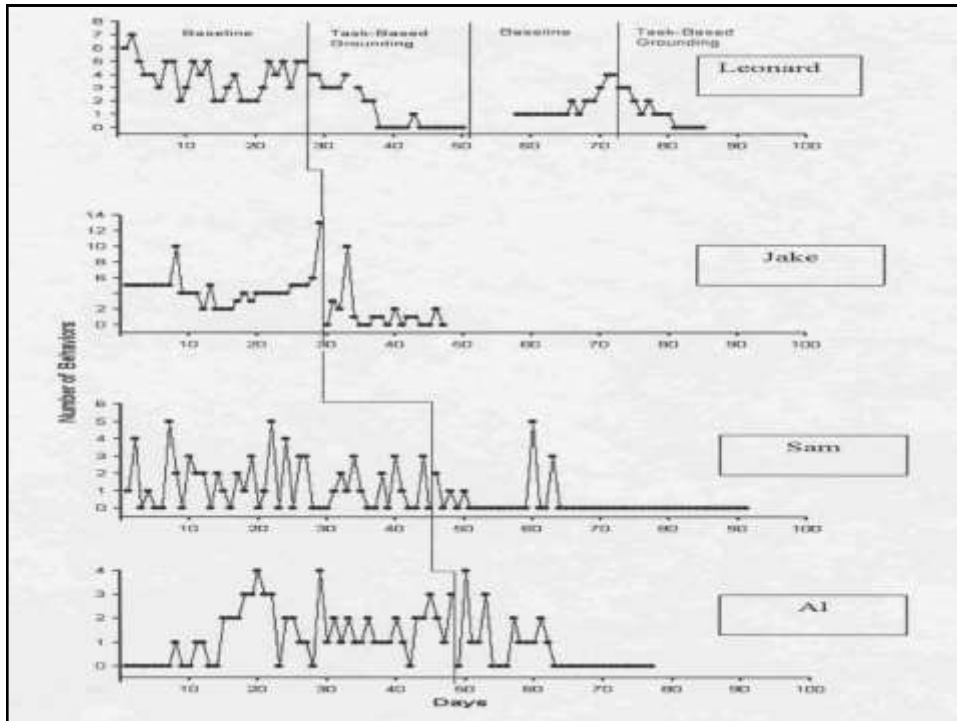
Rules for Grounded Children

- Attending school and scheduled 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

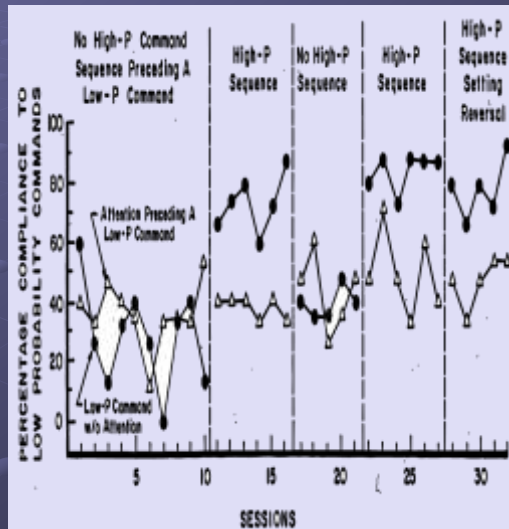
- No nagging
- No reminding about jobs to be done
- No discussing the rules
- No explaining the rules





Behavioral Momentum

- 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



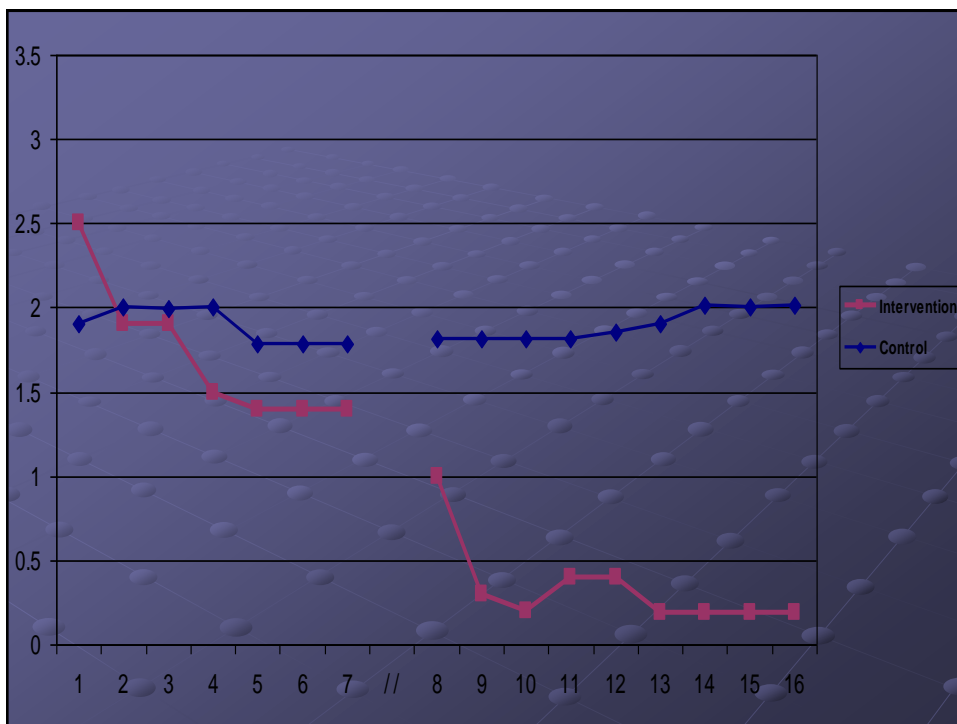
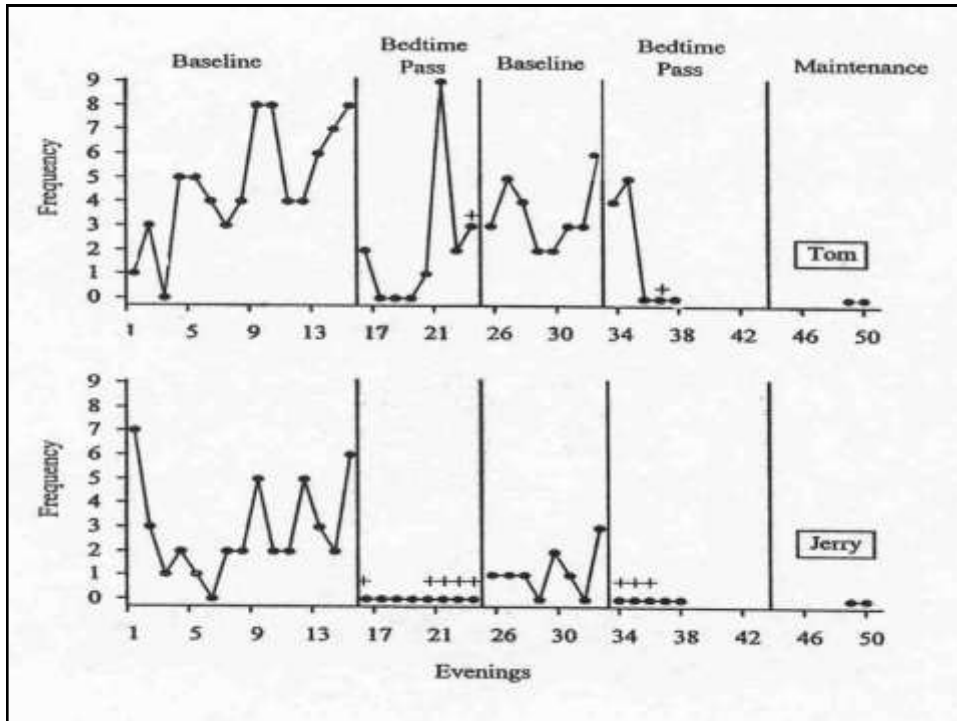


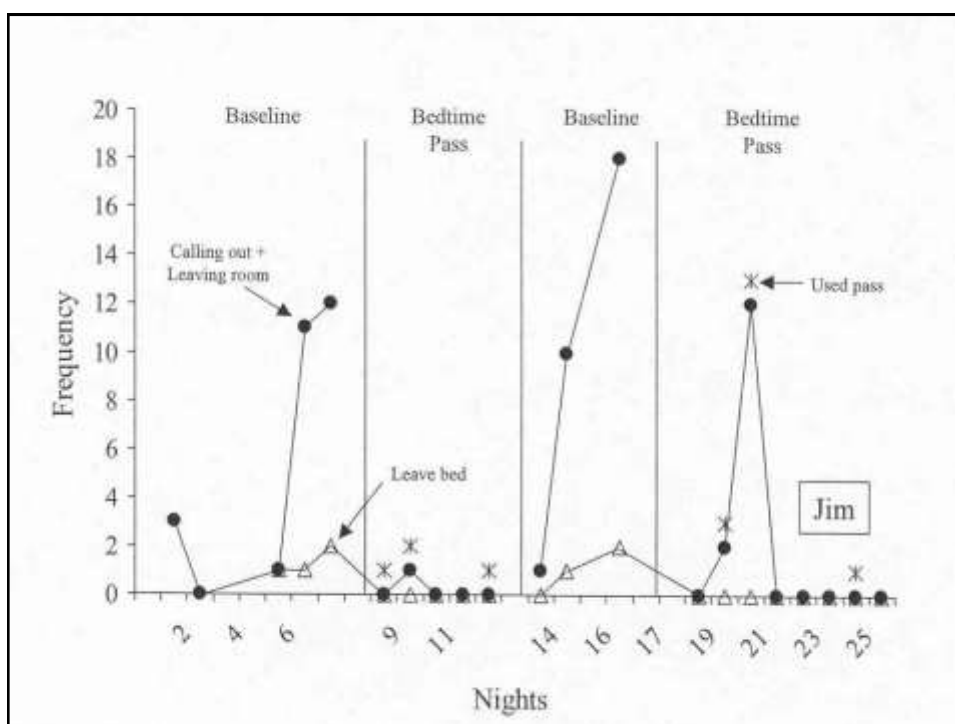
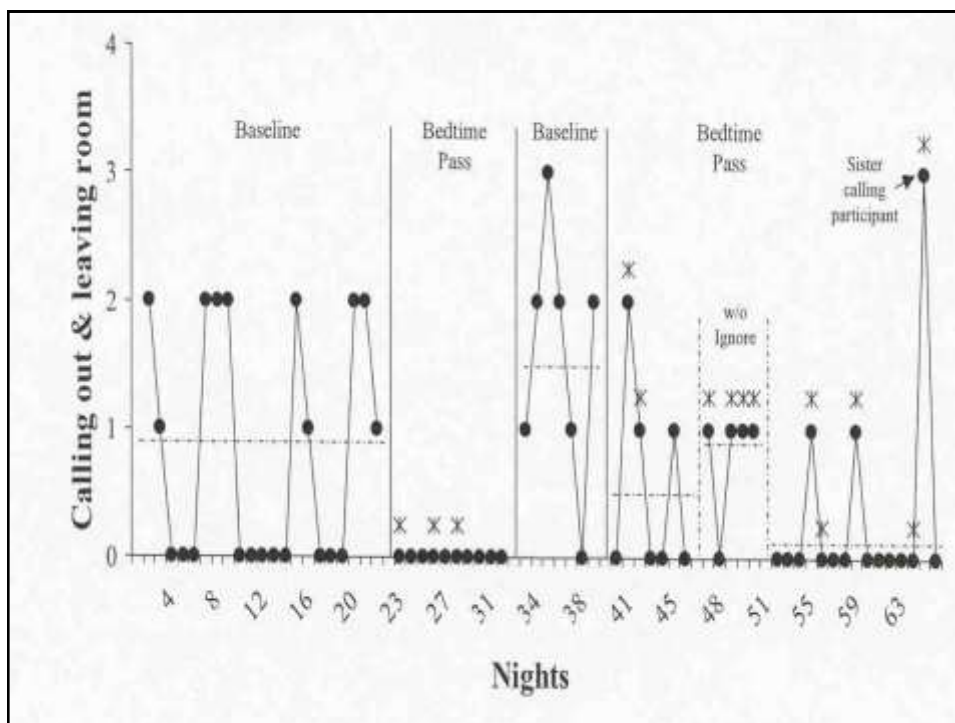
BEDTIME PASS

BED TIME
PASS
FOR
JERRY

5"

7"





SOCIALLY VALID

Treatment Acceptability

	Parents	Pediatricians
Pass	4.1	3.7
Ignoring	2.2	3.3
Family Bed	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

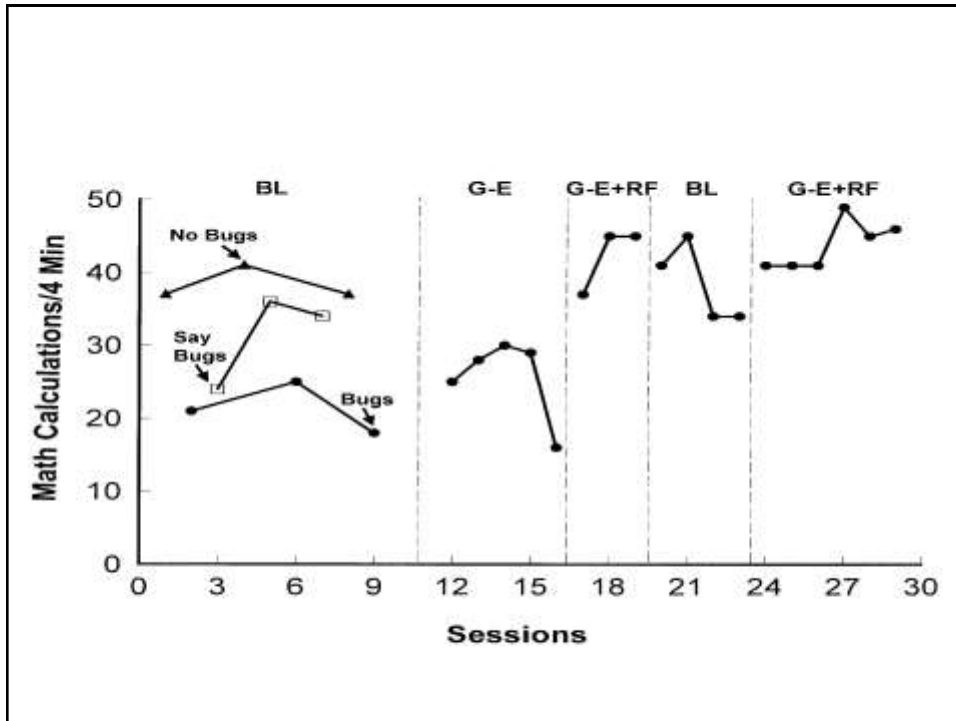


Representative Study

- 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?



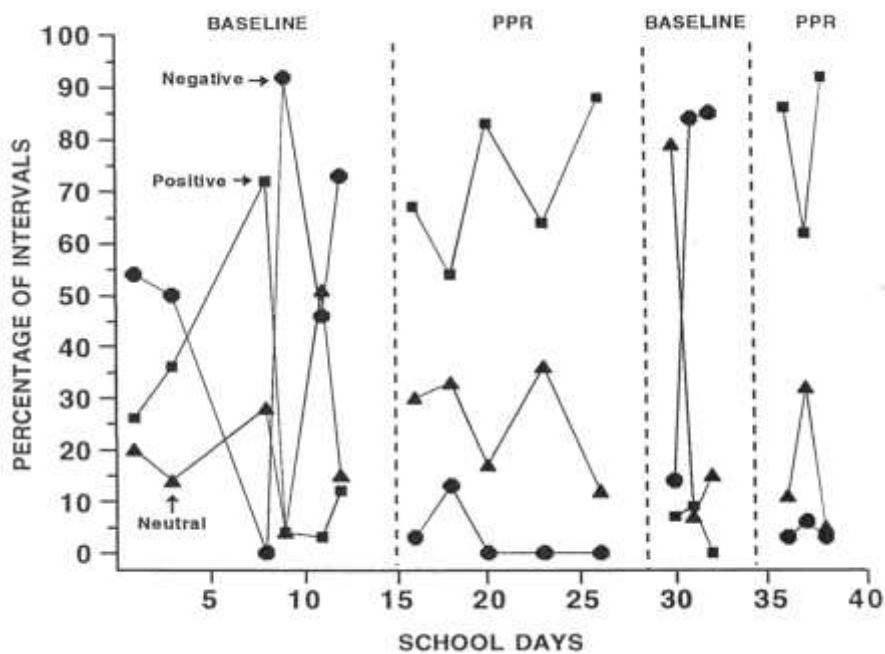
Positive Peer Reporting Measures

- 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



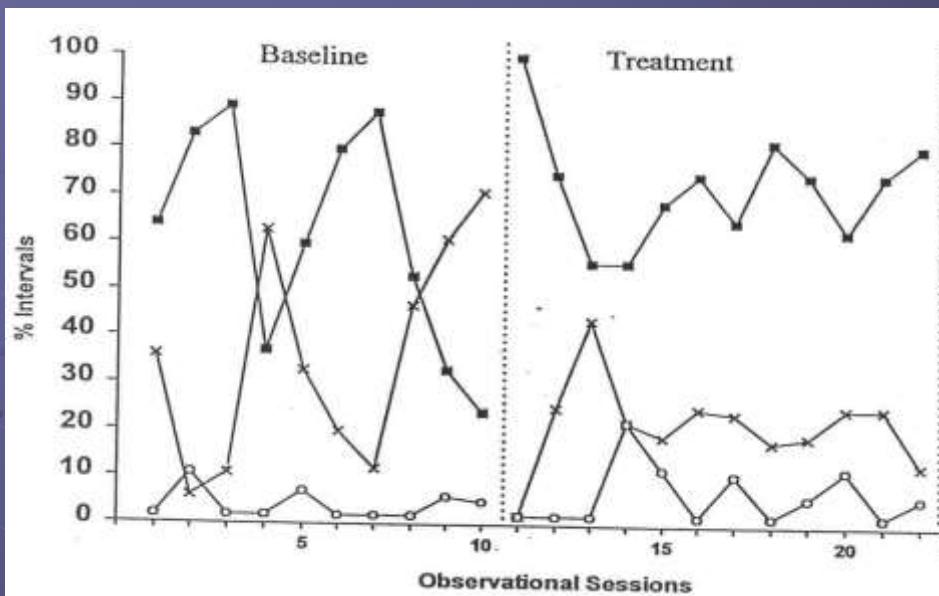
POSITIVE PEER REPORTS

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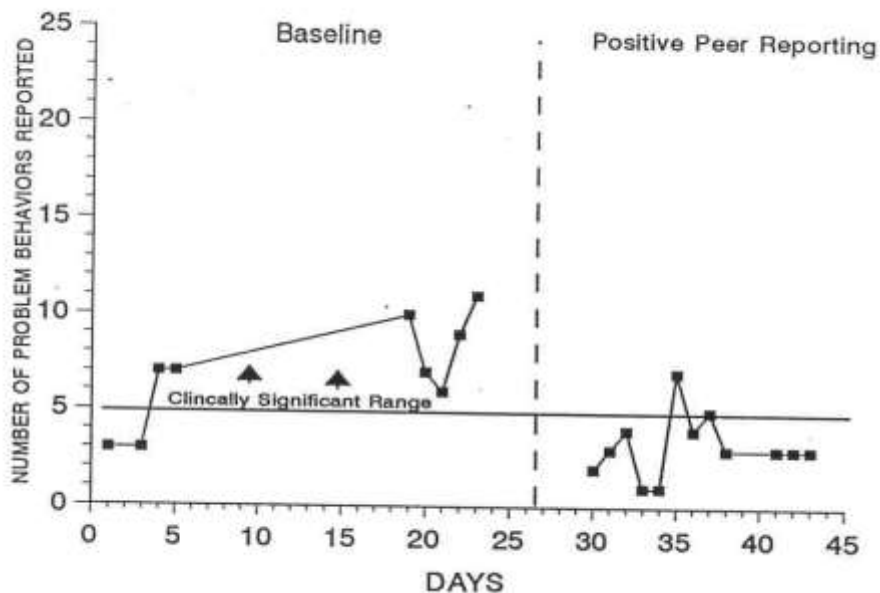


Positive Peer Reporting: Social Interactions

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

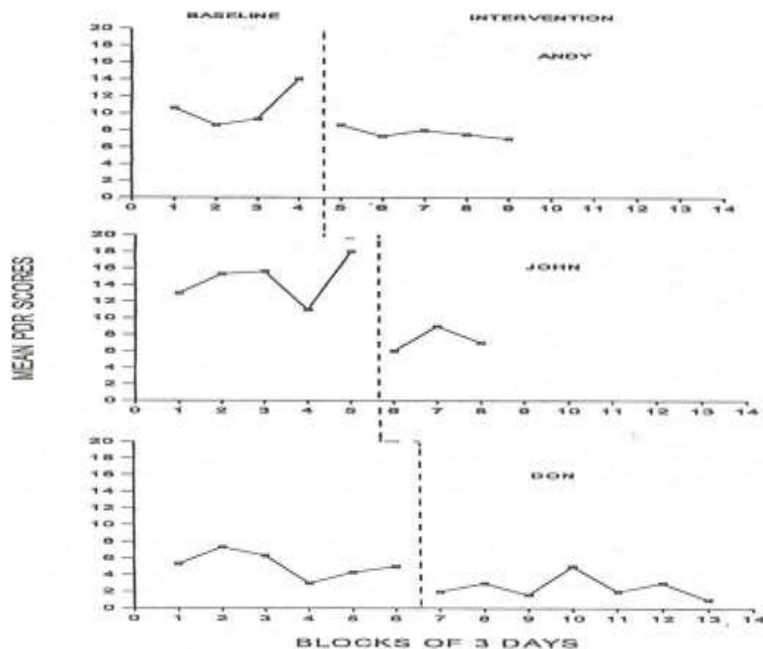


Interactional Ratios: Clinical Suggestions

- 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

<i>Participant</i>	<i>Awards per Fine</i>		<i>PDR (Means)</i>	
	<i>Baseline</i>	<i>Treatment</i>	<i>Baseline</i>	<i>Treatment</i>
Andy	2.5	4.7	9.7	7.6
John	3.3	5.8	12.1	7.3
Dave	5.0	9.4	6.0	5.3
Steve	3.7	10.9	10.6	10.9
Mike	5.3	11.2	6.1	4.6
Don	5.1	9.5	5.2	2.7

Behavioral Activation



Rule Governed Behavior

Why do rules have such power over our minds?

