## **Vocal Training Basics**

August 9, 2018
National Autism Conference
State College, PA

Heather Forbes, CCC-SLP, BCBA
Amy Foor, CCC-SLP, BCBA
PaTTAN Autiem Initiative

Pennsylvania Training and Technical Assistance Network

### PaTTAN's Mission

The mission of the Pennsylvania
Training and Technical Assistance
Network (PaTTAN) is to support the
efforts and initiatives of the Bureau
of Special Education, and to build
the capacity of local educational
agencies to serve students who
receive special education services.

PDE's Commitment to Least Restrictive Environment (LRE)

Our goal for each child is to ensure Individualized Education Program (IEP) teams begin with the general education setting with the use of Supplementary Aids and Services before considering a more restrictive environment.



### Agenda

- Overview of ABA and verbal behavior
- Overview of vocalizations/vocal behavior
- Assessment of vocal behavior
- Assessment analysis
- Treatment selection and procedures
  - Importance of mand training
  - Vocal programs by student profile

### Why are we talking about this?

- Many learners with autism do not develop vocal imitation in response to others' sounds and words (Esch, Carr & Michael, 2008).
- Many learners with autism do not acquire speech as their primary form of communication.

### The Value of Vocal Behavior

Why focus on vocal training?

- Humans are evolved to speak
- Vocal apparatus is always with us (portability)
- Speech is the most common mode of communication in the general population
- For adept speakers, it is a very quick and effortless response (efficiency)

## **Vocal Training Challenges**

- Where to start?
- What assessments to use?
- How to determine appropriate program?
- How to select targets?



Overview

### **ABA AND VERBAL BEHAVIOR**

### What is ABA?

- Applied Behavior Analysis (ABA) is a science and a discipline devoted to understanding and improving human behavior.
- Purpose: to improve socially-significant behavior

(examples: language, academic, social, daily

living, self care, recreation, and leisure

### **ABA** and Vocal Training

- Applied Behavior Analysis (ABA) is the most evidenced-based conceptual framework for autism interventions (National Autism Center Standards Project, 2015)
- Procedures derived from ABA have been successful in vocal training.

#### ABCs of ABA

Consider all teaching interactions in relation to behavioral events:

- A = Antecedent (What happens before behavior)
- **B = Behavior** (What person does...must be able to observe it and measure it)
- C = Consequence (What happens after behavior)

### ABCs: examples

Antecedent	Behavior	Consequence
Something interesting happens	Look in that direction	See the Event
Need to go out and seeing a door knob	Turning the knob	Door opens
Driving and the traffic light turns red	Depress brake pedal	Car stops

## Language as Behavior

- Behavior is anything a person does that is:
  - Observable (can sense it)
  - Measurable (can count or time it)
- Communication is observable and measurable
- ABCs of ABA can be applied to communication

### What is Verbal Behavior?

- Verbal behavior is the analysis of language according to ABCs.
- · Premise:
  - Language is controlled by antecedents and consequences
  - Consequences are delivered by/through other people (social!)

## Why Verbal Behavior Analysis?

- Learners with autism present differences in language skills and communicative competency.
- We can't change something a learner "has."
- We can alter the environment to change how likely it is that learners will respond to and use language effectively.
- A behavior analysis of language allows alterations in the environment to promote effective language instruction.

Verbal	Behavior	Examp	le
--------	----------	-------	----

Antecedent	Verbal Behavior	Consequence
Want water	<ul> <li>Say "water"</li> <li>Sign "water"</li> <li>Write "water"</li> <li>Type "water"</li> <li>Exchange a picture of water</li> <li>Point to "water"</li> </ul>	Another person delivers water

## Non-Verbal Behavior Example

Antecedent	Behavior	Consequence
Want water—→	Open —— refrigerator	Get water

### **Functions of Communication**

ABCs of language tell us why we say what we say

- · To ask for what we want
- To label things
- To answer questions
- To repeat things we hear





#### Verbal Functions (Verbal Operants) **Antecedent Behavior** Consequence Mand Motivation Verbal behavior Direct reinforcement (listener gives cookie) (wants cookie) (says "cookie") (asking) Non-specific, social Tact Sensory Stimulus Verbal behavior reinforcement (labeling) (sees or smells cookie) (says "cookie") ("It IS a cookie") Non-specific, social Verbal Stimulus Intraverbal Verbal behavior reinforcement (someone says "What can (says "cookie") ("Yes! You CAN eat a (answering) you eat?") cookie.") Vocal-verbal behavior: Non-specific, social **Echoic** Verbal Stimulus repeats all or parts of the reinforcement antecedent (repeating) (someone says "cookie) ("Cookie! You said (says "cookie") cookie!") Verbal Stimulus Listener Non-specific (someone says "give me a Responding \*Non-verbal behavior reinforcement \* (following (says "cookie") (Listener smiles and says In this case, a cookie must be "Thank you!") directions)

### Verbal Behavior and Vocal Behavior

Why are we talking about this?

Analysis of verbal behavior is a *critical variable* in vocal training. We don't just teach speech; we teach speech within a functional context.

Vocal versus Verbal

WHAT IS VOCAL BEHAVIOR?

### What is Vocal Behavior?

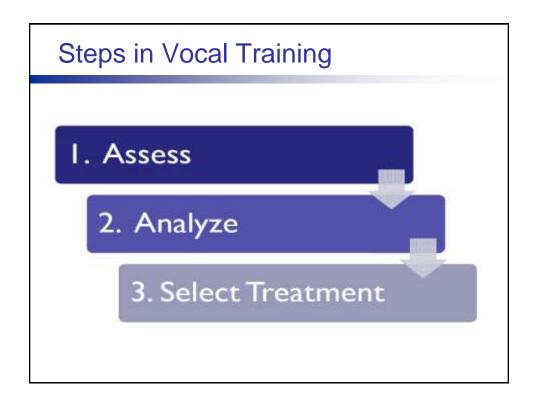
- "...the production of auditory stimuli resulting from the movements of the muscles of the vocal apparatus, e.g., the sounds one makes." (Carbone, 2012)
- Non-vocal learners may use of other forms of verbal behavior such as signing, writing, typing, picture exchange, and/or speechgenerating augmentative devices.

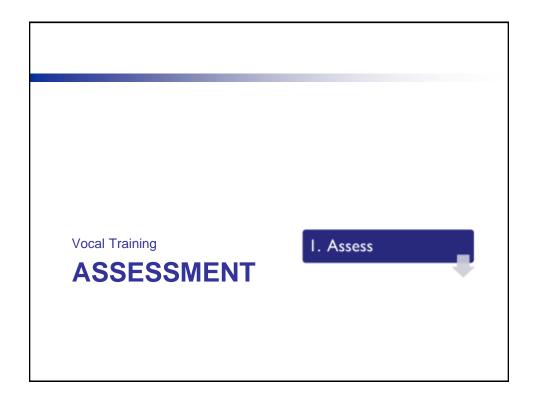
### Form and Function

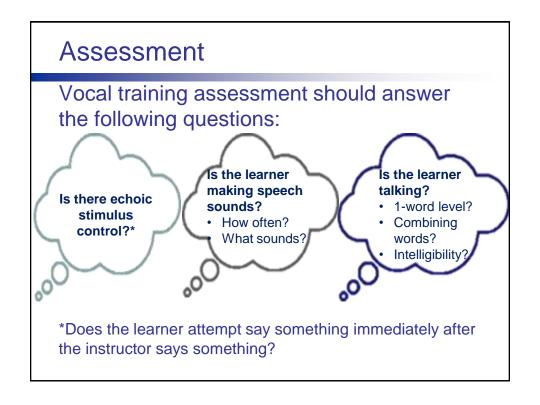
	Function				
		Verbal	Non-Verbal		
Form	Vocal	*Vocal Verbal* Saying "water"	*Vocal Non-Verbal*  Coughing		
	Non-Vocal	*Non-Vocal Verbal*  Signing "water,"  exchanging a picture of water, etc.	*Non-Vocal Non-Verbal*  Crossing legs		

### Do Not Give Up on Speech!

- In teaching learners with autism, we may need to teach non-vocal forms of verbal behavior at first, such as sign language, if vocal behavior is not effective.
- Non-vocal forms should almost always be viewed as a temporary "fix" for a vocal communication deficit.
- If a learner has few spontaneous vocalizations, does not attempt to echo on request, and/or has poor speech intelligibility, the learner requires a vocal training







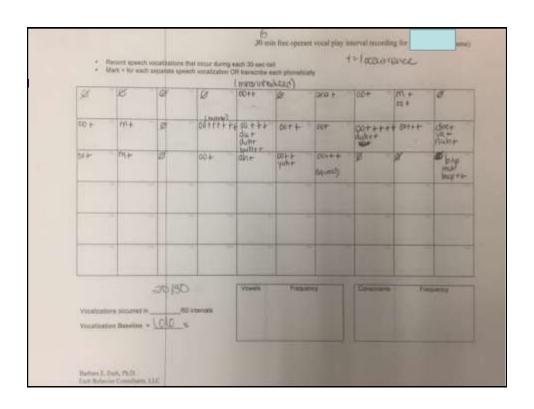
### Kinds of Speech Assessments

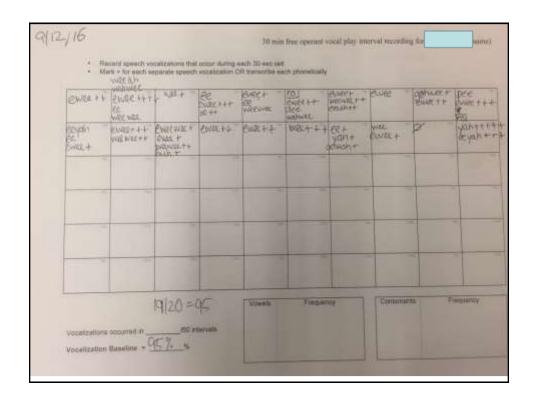
- ★ Vocalization baseline (Esch, 2015)
- ★ Early Echoic Skills Assessment (Esch,
- **★** 2008)
- Intelligibility assessment of tact and mands
- Speech sample and/or phonemic inventory
- Standardized articulation assessments, such as:
  - Goldman-Fristoe Test of Articulation 3 (Goldman & Fristoe, 2015)
  - Arizona-4 Articulation Proficiency Scale

### **Vocalization Baseline**

- Record all speech vocalizations in one or more 30-minute "free operant" (play) settings.
- Take a vocalization baseline when learners:
  - ...vocalize/babble infrequently and/or
  - ...have limited sounds in their repertoire and/or
  - ...do not yet have vocal-verbal behavior

				30 mm 6	ice operant voc	d play int	erval recording fo	r	(name
	speech vocalizator each separa			ach 30-sec ces Thanscribe each	phonetically				
1.7					1	- 01		-	E
-	-	-	-	-	- 1			-	-
-		-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-
	-			-	-	-	-	-	
-	-		-	-	-	- 2	-	-	-
			-						
Vocalizations non	umed in	#50 imanu	als.	Vowele.	Frequency		Correctiants	Frequenc	,
Vocatization Bas									

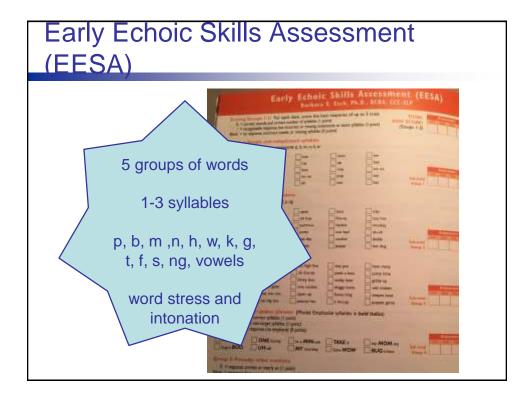




### **Vocalization Baseline**

### What can vocalization baseline tell you?

- Does the learner spontaneously vocalize frequently?
  - Are vocalizations automatically reinforcing?
- Is the learner getting a lot of practice throughout the day?
  - How often does the learner spontaneously vocalize?
- What "raw materials" do we have to work with?
  - Is the learner vocalizing a variety of sound and syllable combinations?



## Early Echoic Skills Assessment (FESA)

Administer EESA\* to:

Any learner who readily approaches you and stays with you to access reinforcement.

Do not place repeated echoic demands if you are not paired with reinforcement!

\*See VB-MAPP for administration instructions

## Early Echoic Skills Assessment (FESA)

### What can the EESA tell you?

- Does the learner consistently follow instructions to vocally imitate?
  - Is there formal echoic stimulus control?
- Can the learner correctly imitate early syllable structures, moving from simple to complex?
  - Only reflects articulation development up to 30 months of age!
- · Can the child imitate speech prosody?

### Intelligibility Assessment

Assess intelligibility of tacts and mands when:

...student readily approaches and stays with instructor

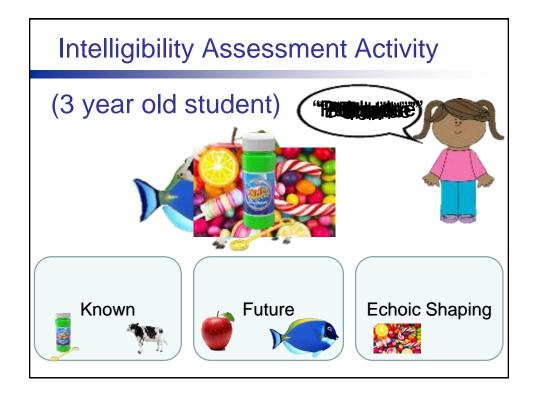
and

- ...there is formal echoic stimulus control
- ...student has some varied "raw material" (~Group 1 and at least some of Group 2 on EESA, but not above a total score of 90)

## Intelligibility Assessment

- Present various tact and/or mand opportunities.
- · Compile 3 different lists of items:

Known Items	Future Targets (mand/tact)	Echoic Shaping Targets
Response is correct and intelligible.	Response is incorrect or unintelligible, but correct and intelligible given echoic prompt.	Response remains unintelligible, even with an echoic prompt.



## Intelligibility Assessment

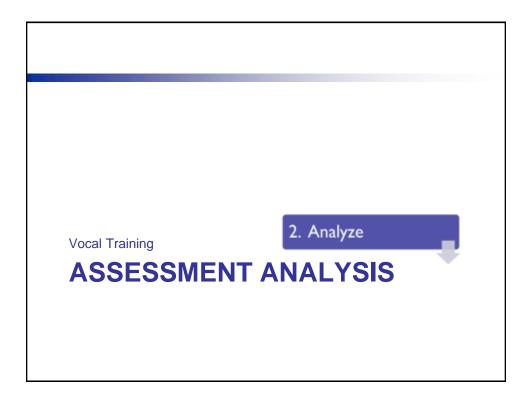
What can an intelligibility assessment tell you?

- How intelligible is the learner to familiar and unfamiliar listeners?
  - Percent intelligibility
- What types of errors is the learner making in functional communication?
- What are some functional speech targets?

## What assessment(s) would you consider?

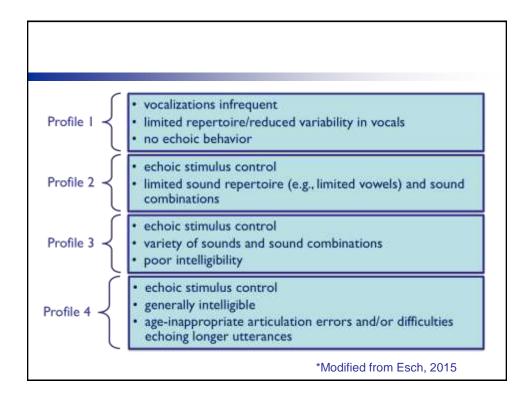
https://youtu.be/ydsPlo5bMrE





## **Assessment Analysis**

Into which profile does the learner fit best?



3. Select Treatment

# TREATMENT SELECTION: IMPORTANCE OF MAND TRAINING

### Vocal Training: Importance of Mand Training

- For all learners, mand training provides an opportunity for vocal training.
- Intensive mand training takes advantage of the effects of strong, direct reinforcement.
- Mand training involves the pairing of spoken words with delivery of reinforcement.

### The Mand and Autism

- •The mand requires:
  - Social approach and initiation
  - Interactions with other people as having value
  - Flexible and specific verbal responses (communication)
- These skills directly compete with the core deficits of Autism Spectrum Disorders

### Motivation and the Mand



- What does it mean to "want something?"
  - We can consider "wanting something" as being related to events experienced by the learner (the result of events in the environment)

## Mands – Improve Social

- Mands can help develop other types of social communication.
  - Increases the value of speaking
  - Transfer of skills from manding (requesting) to echoics (imitating words) and tacting (labeling)

## Mand Training: Identify the Response Form

- · Assess student's skills
  - Echoic skills
  - Imitation skills
  - Match to sample skills
- Vocal
- Sign language
- Writing
- Picture exchange
- Speech generated device
  - Selection-based or typing





### Mand Training: Initial Items to Use

- Are usually strongly motivating
- Can be delivered quickly
- Are consumable or allow only a brief period of contact
- Can be teacher controlled
- The sign or word used to mand for the item is not too hard to produce



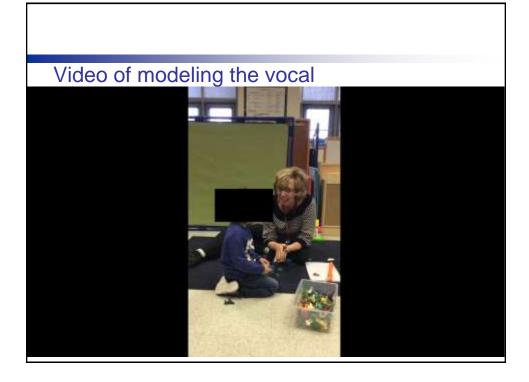


### Mand Training: Basic Procedures

- Check for motivation for an item/activity (capture/contrive motivation)
- If motivated, deliver wanted activities and items freely at first
- Model the word for the item each and every time to deliver (say it as you deliver!)
- Pause and wait for a moment to see if the learner asks for the item (time delay)
- If necessary, prompt the response (vocal or other form)
- · When the learner mands, deliver the item

## Mand Training: Model the Vocal

- Extremely important to pair delivery of reinforcement with a model of the response form (the vocalization) that the learner will later be expected to emit. Say what you are delivering!
- Saying what is delivered while it is being delivered conditions the sound of the word as a reinforcer.
- The learner will be more likely to vocalize the modeled word during mand training



## **Mand Training Tip**

- Begin mand training with one word mands ("cookie").
- Requiring multiple words initially or too soon can have undesired consequences.

- Expanding length of utterance too soon may cause several problems:
  - Increased response effort can make the child stop talking (lose motivation)
  - Articulation/clarity may be affected
  - Learner may show unusual grammatical structures
  - Interferes with the natural flow of communication

## Mand Training: Differential Reinforcement of Vocalizations

- If the learner is using sign, picture exchange, speech generated device, etc., and he/she vocalizes while manding, differentially reinforce the response.
  - Provide more/better reinforcement for mands that occur with vocalizations.
- Differential reinforcement of vocalizations when manding will likely lead to increased vocalizations.

## Mand Training Video Examples



**Vocal Training** 

3. Select Treatment

## TREATMENT SELECTION: PROGRAMS BY PROFILE

## Programs by Profile

#### Profile 1

- · vocalizations infrequent
- · limited repertoire/reduced variability in vocals
- · no echoic behavior

### Program goals:

- Increase frequency of spontaneous vocalizations
- · Increase variability in vocalizations
- Establish echoic stimulus control

## Programs by Profile

#### Profile 1

- · vocalizations infrequent
- · limited repertoire/reduced variability in vocals
- no echoic behavior

Treatment Options	Purpose
<ul> <li>Reinforce all vocalizations</li> <li>Differentially reinforce all vocalizations during manding</li> <li>Stimulus-stimulus pairing (SSP)*</li> </ul>	Increase frequency of spontaneous vocalizations
Vocal variability training (VV)*	Increase variability in vocalizations
Rapid motor imitation antecedent (RMIA)*	Establish echoic stimulus control

\*Modified from Esch, 2015

## Stimulus-Stimulus Pairing (SSP)

Why attempt increase frequency of spontaneous vocalizations?

- Learners need to engage in some form of behavior in order to shape behavior.
- Typically-developing infants provide caregivers with frequent opportunities to shape speech.
- Many learners with autism provide very few opportunities for instructors to shape speech.

Video of typical infant





Video of 20 month old with autism https://youtu.be/vIUT6avqoYU



### Vocal Variability (VV)

- Candidate: Learner emits a limited number of different speech sounds
- Based on a lag schedule of reinforcement
  - Reinforcement depends solely on the learner's previous response(s) and not on anything the instructor does or says.
  - During a lag 1 schedule, a learner is reinforced if the current vocalization sounds different from his/her previous response.
     During a lag 2 schedule, a learner is reinforced if the current vocalization sounds different from his/her previous 2 responses.

33

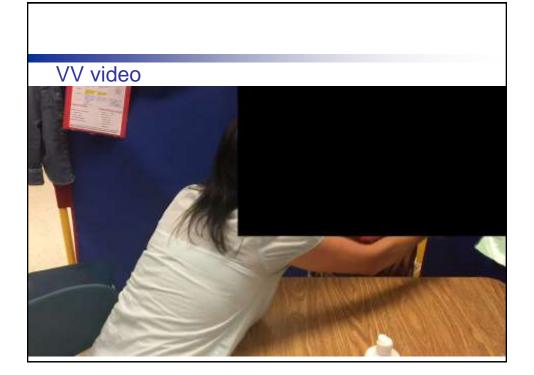
## Vocal Variability (VV) Procedures\*

- 1. Provide a vocal model of the target. Reinforce the first trial in which **any** vocal response occurs within 3 seconds of the model.
- 2. For subsequent trials, only reinforce vocalizations that are different from the learner's previous response—no matter the target. Vocalizations are considered different if they contain:
  - Completely different sounds (Example: ah vs. bee)
  - Different combinations of sounds (Example: bat vs. tab)

#### 3. Kinds of errors:

- Response is the same as the previous response: Do not reinforce and move to the next trial.
- No response within 3 seconds: Repeat vocal model 3-5 times until the learner emits a response. If learner does not respond within 3-5 repetitions, move to the next trial. (Do not reinforce.)

\*Con boundary for additional dataile



### Rapid Motor Imitation Antecedent (RMIA)

- Candidate: Learner has very strong nonvocal motor imitation repertoire, but does not readily attempt to vocally imitate the instructor when asked.
- Utilizes behavioral momentum: Emitting a rapid series of easy responses make a learner more likely to emit a more difficult one.

## Rapid Motor Imitation Antecedent (RMIA) Procedures\*

- 1. Check for motivation for a reinforcer. Keep the reinforcer visible, but not accessible by the learner. For each trial, target echoic should be related to the reinforcer presented.
- 2. Present 3-6 non-vocal motor imitation models.
- 3. If the student correctly imitates, immediately hold up the reinforcer
  - and present the target vocal model.
- 4. Deliver the reinforcer if the student echoes.

After 3-5 consecutive correct trial sequences, try fading the non-vocal motor imitations. In other words, test the learner's echoic abilities.

\*See handout for additional details

RMIA video <a href="https://youtu.be/ydsPlo5bMrE">https://youtu.be/ydsPlo5bMrE</a>

... ONCE CHILDREN HAVE IMITATED
THE RAPID SERIES OF MOTOR ACTIVITIES,

### **Vocal Training**

#### Profile 2

- · echoic stimulus control
- limited sound repertoire (e.g., limited vowels) and sound combinations

### Program goals:

- Strengthen echoic responding
- Increase speech sound repertoire and sound combinations

### Profile 2

- echoic stimulus control
- limited sound repertoire (e.g., limited vowels) and sound combinations

Treatment Options	Purpose
<ul> <li>Differentially reinforce better vocalizations during manding</li> <li>RMIA*</li> <li>Echoic program for simple sounds and sound combinations*</li> </ul>	<ul> <li>Strengthen echoic responding</li> <li>Increase repertoire of sounds and sound combinations</li> </ul>

\*Modified from Esch, 2015

## Profile 2 vocal training video <a href="https://www.youtube.com/watch?v=IVKl\_Z9">https://www.youtube.com/watch?v=IVKl\_Z9</a>



### Profile 3

- echoic stimulus control
- · variety of sounds and sound combinations
- · poor intelligibility

### Program goal:

Increase intelligibility of functional communication

## **Vocal Training**

### Profile 3

- · echoic stimulus control
- · variety of sounds and sound combinations
- · poor intelligibility

Treatment Options	Purpose
<ul> <li>Differentially reinforce better vocalizations during manding and tacting</li> <li>Echoic program for shaping tacts and mands*</li> </ul>	Increase intelligibility of functional communication

\*Modified from Esch, 2015



### Profile 4

- echoic stimulus control
- · generally intelligible
- age-inappropriate articulation errors and/or difficulties echoing longer utterances

### Program goal:

- Developmentally-appropriate speech
- Developmentally-appropriate use of grammatical structures
- Engage in self-talk to guide complex behaviors

#### Profile 4

- · echoic stimulus control
- · generally intelligible
- age-inappropriate articulation errors and/or difficulties echoing longer utterances

### **Treatment Options**

- Differentially reinforce better vocalizations during manding and tacting
- Echoic program for shaping speech sounds\*
- Echoic program for multiple-word utterances

- **Purpose**
- Developmentallyappropriate speech
- Developmentallyappropriate use of grammatical structures
- Engage in self-talk to guide complex behaviors

\*Modified from Esch, 2015

### Profile 4 vocal training video



### **Profile 4 Note:**

"Typically developing children have several hundred spoken words across all verbal functions before they are expected to begin fine-tuning their speech (around age 3), and they have several thousand spoken words before they are expected to acquire adult articulation (around age 8-9). Often, it will be more beneficial for the teacher to shape speech to an intelligible level, rather than an age-appropriate level, if it means that the student will be able to acquire spoken communication faster."

(PaTTAN, n.d.)

## Vocal Training Consideration: Frequency of Practice

- Esch (2015) explains that in order to resemble typical acquisition practice, arrange opportunities for speech practice as follows:
  - Many opportunities (100+)
  - Brief sessions (2-3 minutes)
  - Throughout the day
- "We teachers and parents have to decide: Where is speech acquisition in the ranking of skill and instructional priorities?" (Esch, 2015)

### References

Carbone, V. J. (2012, October 11, 12). Increasing speech sound production of children with autism. *33<sup>rd</sup> Annual Conference of the Berkshire Association for Behavior Analysis*. University of Massachusetts-Amherst; Amherst, MA.

Esch, B. E. (2015). *Integrating speech and ABA-based programs*. [PowerPoint slides]

Esch, B. E., Carr J. E., & Grow, L. L. (2009). Evaluation of an enhanced stimulus-stimulus pairing procedure to increase early vocalizations of children with autism. *Journal of Applied Behavior Analysis*, *4*2, 225-241.

Esch, B. E., Carr J. E., & Michael, J. (2005). Evaluating stimulus-stimulus pairing and direct reinforcement in the establishment of an echoic repertoire of children diagnosed with autism. *The Analysis of Verbal Behavior*, *21*, 43-58.

### References

Esch, J. W., Esch, B. E., & Love, J. R. (2009). Increasing vocal variability in children with autism using a lag schedule of reinforcement. *The Analysis of Verbal Behavior*, *25*, 73-78.

Fudala, J. B., & Stengall, S. (2017). *Arizona-4 articulation and phonology scale*. Torrance, CA: WPS.

Goldman, R., & Fristoe, M. (2015). *Goldman-Fristoe test of articulation* 3. Bloomington, MN: NCS Pearson, Inc.

Koehler-Platten, K., Grow, L. L., Schulze, K. A., & Bertone, T. (2013). Using a lag reinforcement schedule to increase phonemic variability in children with autism spectrum disorders. *The Analysis of Verbal Behavior*, 29, 71-83.

### References

National Autism Center. (2015). Findings and conclusions: National standards project, phase 2. Randolph, MA: Author

Pattan. (n.d.). Improving speech intelligibility in early talkers. [Word Document]. Retrieved from http://webapps.pattan.net/files/PattanAutism Resources. zip

Ross, D. E., & Greer, D. R. (2003). Generalized imitation and the mand: Inducing first instances of speech in young children with autism. *Research in Developmental Disabilities*, *24*, 57-74.

Tsiouri, I., & Greer, D. R. (2003). Inducing vocal verbal behavior in children with severe language delays through rapid motor imitation responding. *Journal of Behavioral Education*, *12*, 185-206.

### **Contact Information**

### www.pattan.net

Heather Forbes hforbes@pattan.net



Amy Foor c-afoor@pattan.net

Commonwealth of Pennsylvania

Tom Wolf, Governor