

INNOVATIONS IN BEHAVIOR MANAGEMENT

University of the East, Caloocan City

January 20, 2017

Dr. Ma. Cristina Esquivel-Saldivar, RGC, RPsy

De La Salle-College of St. Benilde (DLS-CSB)

Association of Psychological and Educational Counselors of the Asia-Pacific
(APECA)

Coverage

Introduction

- I. Basic Assumptions
- II. Types of Behavioral Difficulties
- III. Model of Guidance Practices

Behavior Management

- I. 7-Step Approach
- II. Innovations in Behavior Management
 - A. RTI and PBIS
 - B. SEL
 - C. Mindfulness-based DBT
- III. Guide to Program Development

INTRODUCTION

- I. Basic Assumptions
- II. Types of Behavioral Difficulties
- III. Model of Guidance Practices

Basic Assumptions

1. Most behaviors are learned
2. Most behaviors are stimulus-specific
3. Most behaviors can be taught, modified, and changed
4. Behavior change goals should be specific and clearly defined
5. Behavior change programs should be individualized
6. Behavior change programs should focus on the here and now
7. Behavior change programs should focus on the child's environment

Types of Behavioral Difficulties

Externalizing Difficulties

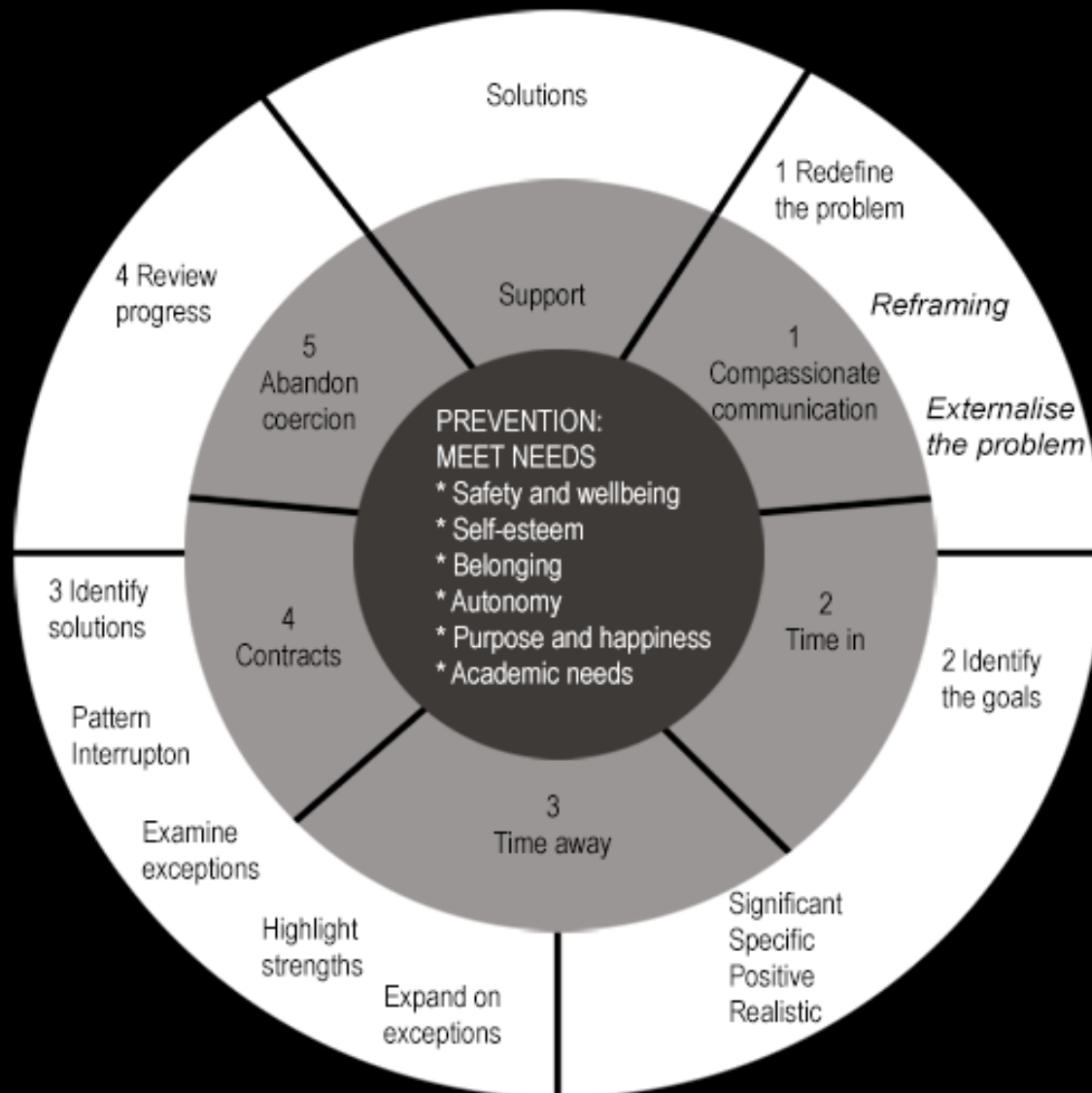
- Cooperation
- Attention Skills
- Activity Levels
- Aggression
- Delinquency

Internalizing Difficulties

- Anxiety Disorders
- Socially withdrawn/Isolated
- Depression
- Drug Use/Abuse
- Self-harm
- Suicide

Model of Guidance Practices

(Porter 2014)



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7-Step Approach to Behavior Management (Haynes, 2013)

1. Decide if a problem exists
2. Determine if intervention is warranted
3. Determine reasons that contribute to the problem behavior
4. Conduct a functional assessment
5. Conduct curriculum based assessment
6. BEHAVIOR MANAGEMENT INTERVENTION
7. Evaluating the intervention

7-Step Approach to Behavior Management (Haynes, 2013)

1. Decide if a problem exists



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2. Determine if intervention is warranted



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Innovations in Behavior Management

- A. Response to Intervention (RTI) and Positive Behavior Intervention and Support (PBIS)
- B. Social and Emotional Learning and Character Education
- C. Dialectical Behavior Therapy : Mindfulness-based Life Skills

Response to Intervention (RTI) and Positive Behavior Intervention and Support (PBIS)

Social and Emotional Learning and Character Education

Dialectical Behavior Therapy – Mindfulness-based Life Skills

MINDFULNESS PRACTICE IS A RADICALLY DIFFERENT APPROACH TO LIVING OUR LIVES AND MANAGING STRESS...

- Increasing awareness - experiencing this moment.
- Placing our attention where we want it to be (concentration meditation)
- Developing a new relationship with our experience (mindfulness meditation).
- Being Mind rather than Doing Mind - Discrepancy-based processing
- Responding to experience based on awareness of what's actually here rather than habitually reacting

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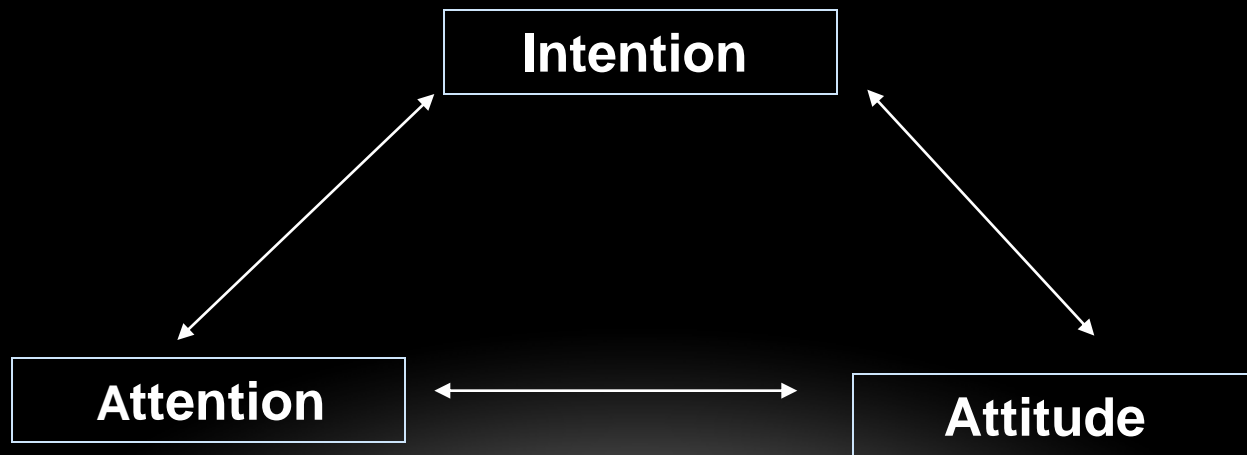
- Developing a new relationship with our experience (mindfulness meditation).
- Being Mind rather than Doing Mind - making space for and turning towards rather than resisting or working to change experiences we don't like. (Discrepancy-based processing.)
- Responding to experience based on awareness of what's actually here rather than habitually reacting

SERIES OF SKILLS IN FOUR MODULES:

1. Mindfulness
 2. Interpersonal Effectiveness
 3. Emotional Regulation
 4. Distress Tolerance
-

Mindfulness

“...paying attention on purpose, in the present moment, and non-judgementally” *(Jon Kabat-Zinn, 1994)*



Benefits of Mindfulness

- increased emotional regulation
- decrease in both distractive and ruminative thoughts and behaviors
- decreased dysphoric mood
- increased activity of brain regions associated with positive emotion
- enhanced immune response
- decreased depression, anxiety. decreased anger and emotional irritability, confusion and cognitive disorganization, and cardiopulmonary and gastrointestinal symptoms

Benefits of Mindfulness

- reduction of pain symptoms, improvement of depressive symptoms in patients with chronic pain, and improvements in coping with pain
- decreased psychological distress and increased sense of well-being
- decreased risk of depression relapse or reoccurrence
- increased healing of psoriasis
- improved functioning of the immune system in patients w/ HiV

PROBLEM SOLVING

Discrepancy Monitoring : mind the gap thinking.

Perceived gap between how things are and how they should be. Focus is on closing the gap and will remain forefront of our awareness until the gap is closed.

Appropriate for some tasks and problems we encounter.

The mind becomes very active trying to resolve emotional problems through thinking. This ruminative thinking often **increases** the problem.

MINDFULNESS BASED STRESS REDUCTION: BREATHING AND BODY PRACTICE

Being here in this moment.

MINDFULNESS EXERCISE: WISE MIND PRACTICE



- Stone flake on the lake



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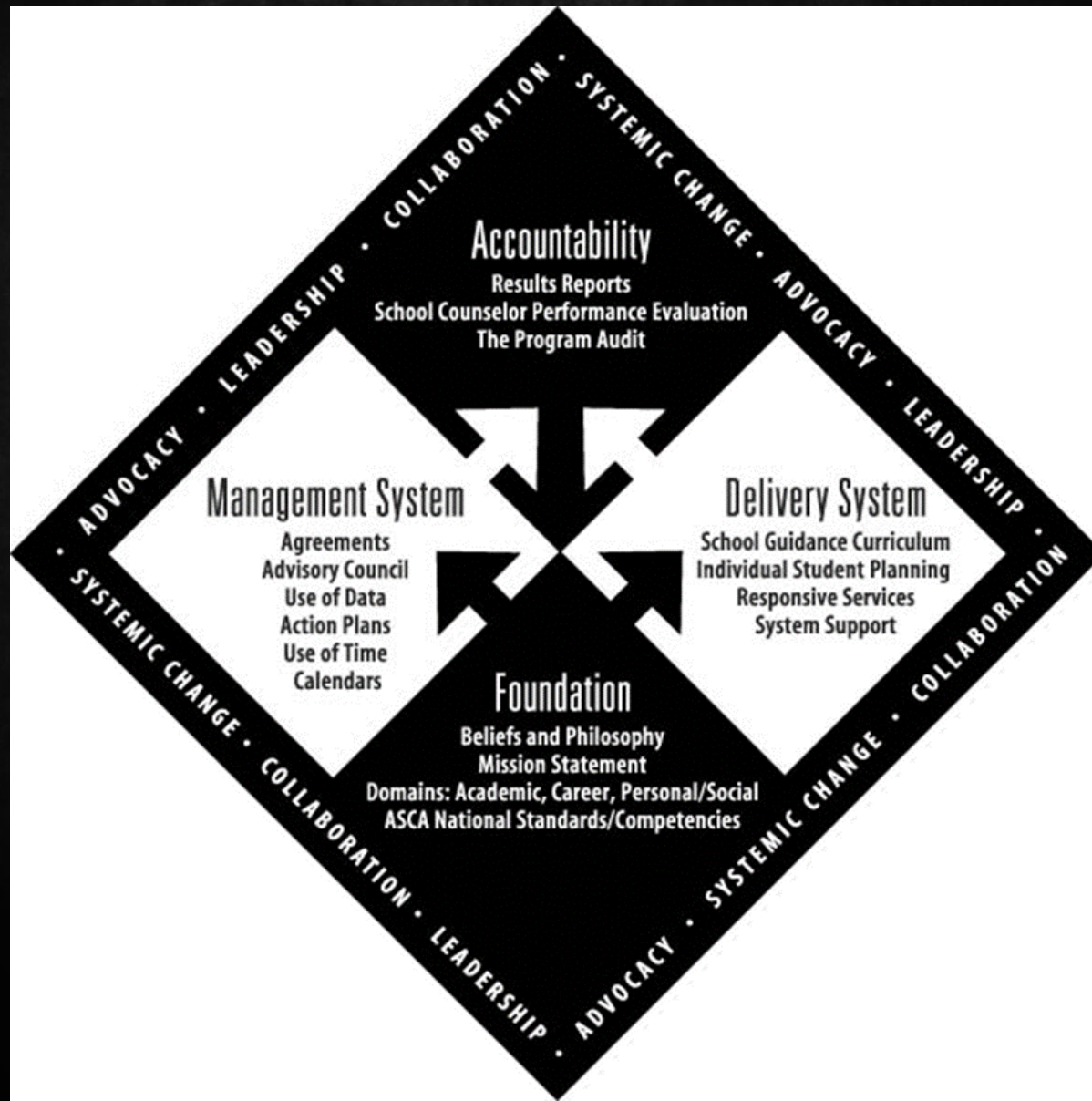
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REFER AND COLLABORATE



ASCA Model



References

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