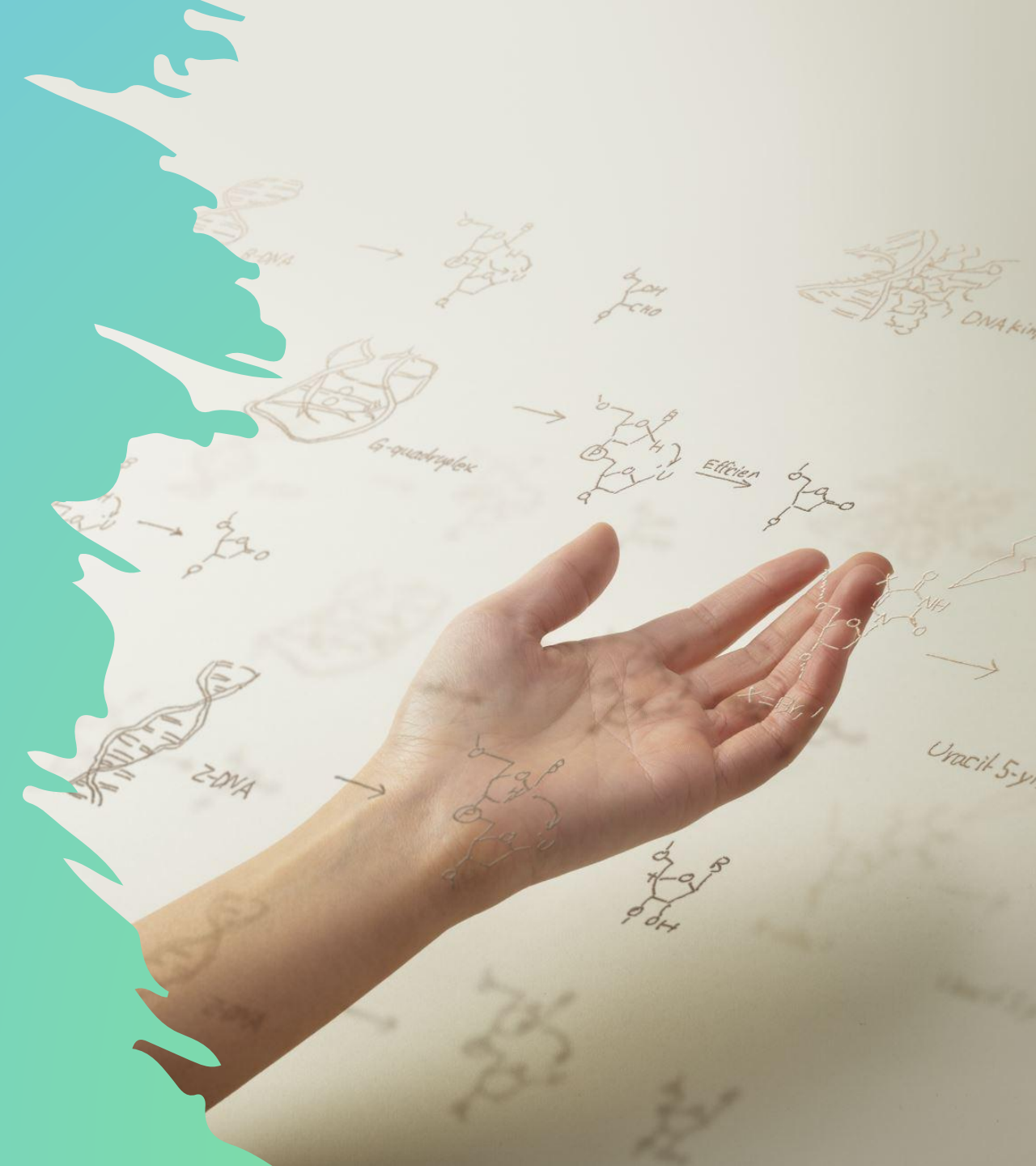


The ABCs of Challenging Behavior: Understanding Basic Concepts

- Meadan, H., Ayvazo, S., & Ostrosky, M. M. (2016)



Objectives

Define

- Define challenging behavior and its characteristics.
- For instance, understanding patterns like aggression and self-injury helps identify specific needs for intervention.

Explore

- Explore the ABC model: Antecedent, Behavior, and Consequence.
- This model provides a structured approach to analyzing behavior.

Understand

- Understand strategies to address challenging behavior.
- Strategies like proactive planning can prevent and reduce behaviors effectively.

Highlight

- Highlight implications for educators and practitioners.
- These insights aid in creating inclusive, supportive environments for learning and development.

Understanding Challenging Behavior



Definition: Any repeated pattern of behavior that interferes with learning or social interactions. Recognizing such behaviors provides clarity for targeted interventions (p. 3);



Examples: Aggression, self-injury, property destruction, which disrupt classroom dynamics.



Root Causes: Unmet needs, lack of communication skills, environmental factors. Addressing these leads to better outcomes.

The ABC Model



ANTECEDENT: TRIGGERS OR EVENTS THAT OCCUR BEFORE THE BEHAVIOR. EXAMPLES INCLUDE TASK DEMANDS OR PEER INTERACTIONS.

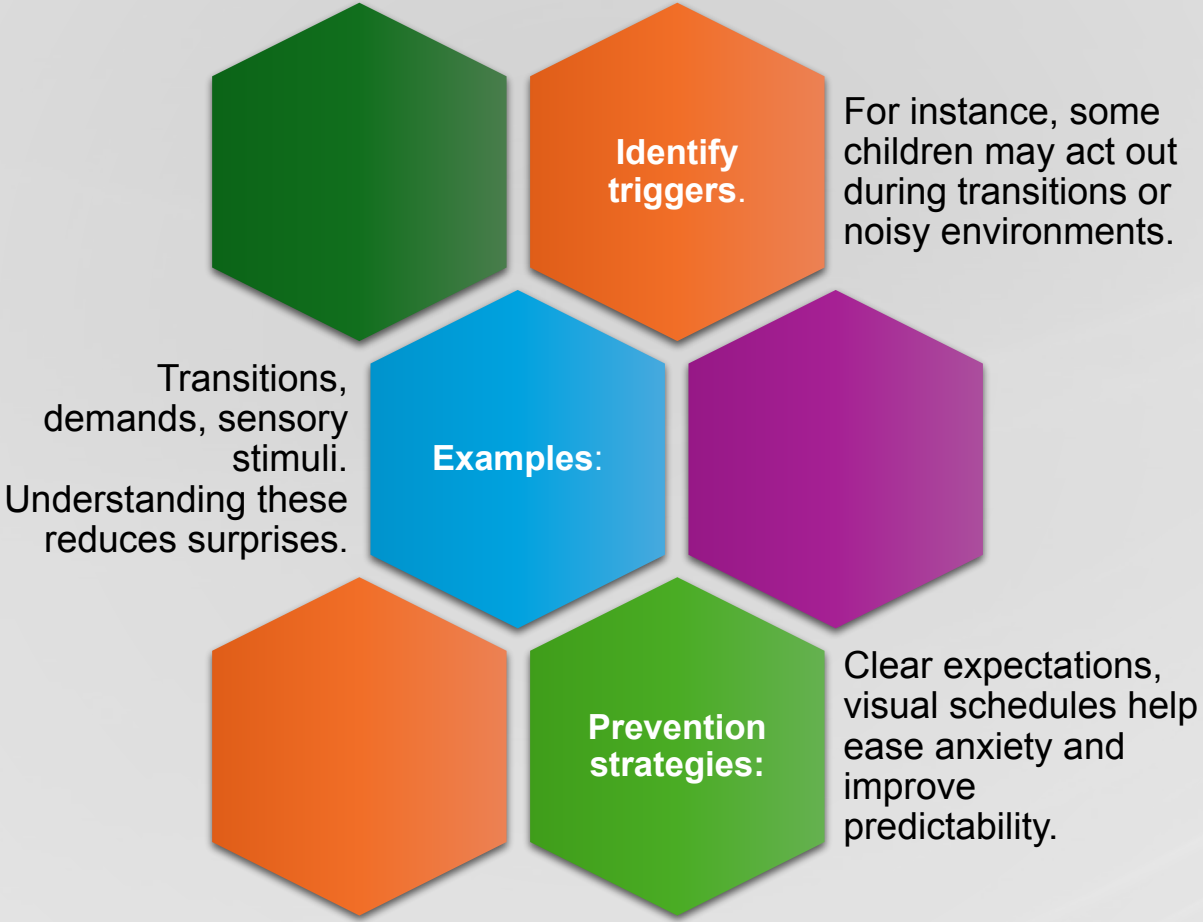


BEHAVIOR: THE OBSERVABLE ACTION, SUCH AS YELLING OR THROWING OBJECTS.



CONSEQUENCE: EVENTS FOLLOWING THE BEHAVIOR THAT INFLUENCE ITS FUTURE OCCURRENCE, LIKE TEACHER ATTENTION OR PEER REACTIONS.

Antecedent Analysis



Behavioral Observations

Observe and describe the behavior.

- Observing objectively ensures accurate data.

Use measurable terms:

- Duration, frequency, intensity allow precise tracking.

Document patterns to identify consistent triggers and consequences.

Consequence Analysis

Reinforcement vs. Punishment.

- Reinforcement increases desirable behaviors, while punishment often suppresses without teaching alternatives.

Positive and negative reinforcement effectively shape behavior by addressing individual motivations.

Adjusting consequences to shape behavior ensures alignment with individual needs and goals.

Functional Behavior Assessment (FBA)

Systematic process to identify function ensures targeted interventions.

Functions:





- Attention, escape, sensory, tangible.

Data collection methods:

- Interviews, observations support hypothesis formulation.

Common Functions of Behavior

- Attention-seeking.
- Escape or avoidance.
- Access to tangibles.
- Sensory stimulation.

4 Functions of Behavior				
Function		What it Does	When it Happens	What to Do
S Sensory		Provides stimulation to the pleasure zone in the brain	Anytime, especially when anxious or excited	Provide deceleration techniques and redirect to more appropriate behaviors
E Escape		Removes undesired activities, interactions, or situations	When task is too: understimulating, hard, easy, boring, or undesired	Provide a "first, then, when" prompt, offer choices, or alter then length of task
A Attention		Provides access or awareness to/from people or interactions	When social attention is desired	Provide positive reinforcement or attention before the behavior happens.
T Tangible		Provides preferred activities or items	When a preferred activity or item is wanted/desired	Provide a transition activity/object, increase accessibility, or provide DRA/DRO

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Proactive Strategies



Modify the environment to reduce triggers. For example, dimming lights can prevent sensory overload.



Teach replacement skills to meet the same need without disruptive actions.



Reinforce positive behavior to encourage repetition of desirable actions.

Reactive Strategies

01

Immediate responses to behavior ensure safety.

02

Ensure safety by removing harmful objects during crises.

03

De-escalation techniques like calming tones prevent escalation.

Positive Behavior Support (PBS)

Framework combining proactive and reactive strategies.

Emphasis on teaching and reinforcement.

Family-centered approach.

Teaching Replacement Behaviors

**Functional
equivalence
:**

Replace problem behavior with appropriate alternatives that meet the same function.

Examples:

Requesting breaks, using communication tools enable constructive expression.

**Emphasize
gradual
skill-buildin
g.**

Data-Driven Decision Making

Importance of ongoing data collection to refine strategies.

Use data to refine interventions for improved outcomes.

Monitor progress to ensure goals are being met.

Collaboration with Stakeholders

Engage

Engage families, educators, and therapists to build a cohesive support system.

Share

Share data and strategies to maintain transparency and consistency.

Build

Build consistent support systems by using tools like shared digital platforms and regular team meetings.

Ethical Considerations

Respect

Respect individual dignity by involving them in intervention decisions.

Ensure

Ensure interventions are evidence-based for reliability and effectiveness.

Prioritize

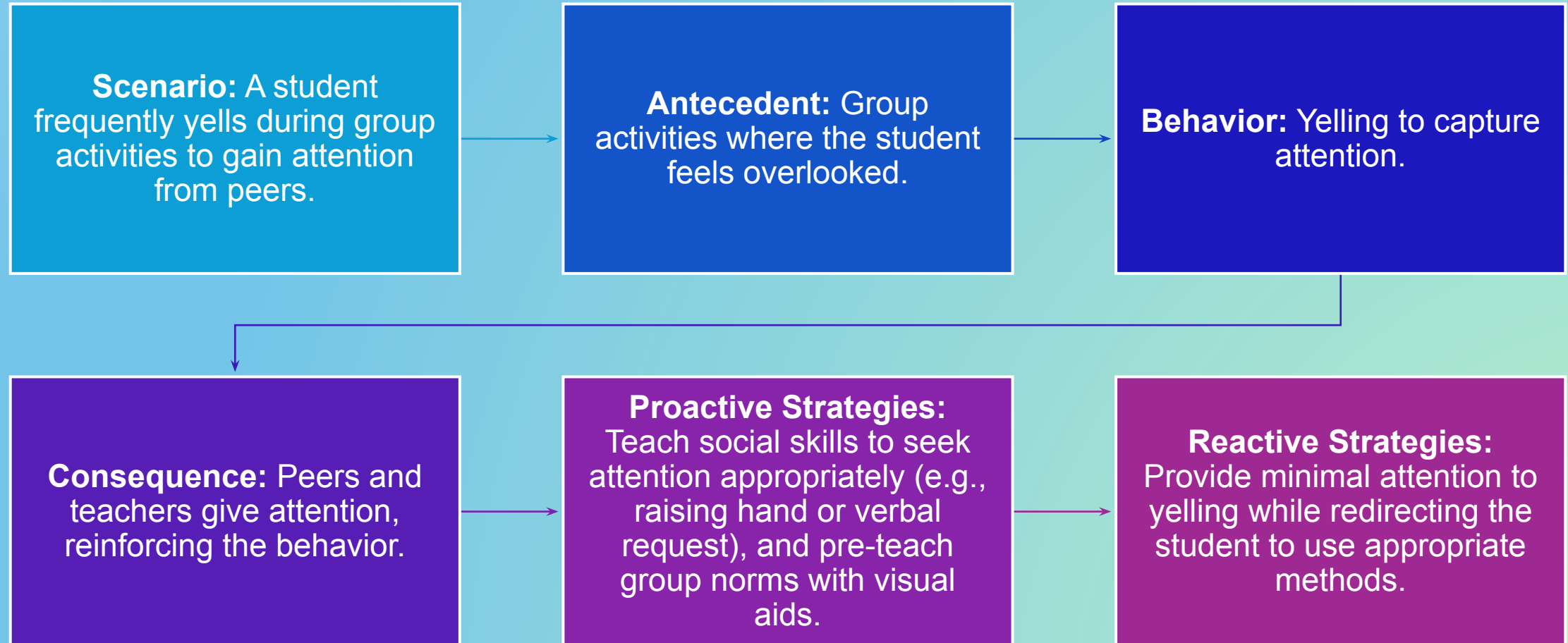
Prioritize least restrictive options to uphold their autonomy.



Case Study Application

- Brief description of a challenging behavior scenario highlights real-world applications.
- Apply the ABC model and strategies discussed to provide solutions.
- Evaluate outcomes to determine effectiveness.

Conclusion and Case Study Answer





Reference

•Meadan, H., Ayvazo, S., & Ostrosky, M. M. (2016). The ABCs of challenging behavior: Understanding basic concepts. *Young Exceptional Children*, 19(1), 3-15.

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