

Understanding Challenging Behavior



SRT ACADEMY

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Objectives



At the end of this session, participants will be able to:

- Identify challenging/difficult behaviors
- Identify purpose of behavior evidenced by the individuals you support.
- Demonstrate the ability to manage challenging/difficult behaviors.
- Communicate successful strategies and techniques across the treatment team.
- Identify, plan and prepare activities to engage the individual you are supporting based on the person's needs, interests and abilities.

Determine if the Behavior is Challenging



Is the behavior?

- Disruptive
- Harmful
- Inappropriate for the setting
- Unacceptable
- Age appropriate
- *Frequent
- * Interferes with Learning and/or Functioning

Common Explanations of Problem Behavior



- Lack of Discipline
- Trauma/Bad experiences
- Poor quality home life
- Disability
- Personality Trait

Helpful Explanation of Challenging Behavior



The behavior is not challenging to the individual

- The individual is getting something out of the behavior
- The individual is receiving a desired outcome from engaging in the behavior

Purpose of Behavior



- Obtain something
 - Attention
 - Sensory/Automatic
 - Tangibles (object, activity, person)
- Avoid something

Activity



- Watch video segment
- On flip chart paper identify the purpose of the behaviors observed in the video.

Describe the Behavior



- Give a clear description of behavior observed:
 - Specific behavior
 - ✦ What you see if looking through a camera
 - How to describe the behavior

Evaluate the Behavior



- **Look for patterns in challenging behaviors:**
 - Negative/Positive Energy and Attention
 - Precipitating Factors
 - Time of day
 - Location
 - What immediately preceded the behavior(Antecedent)
 - What immediately followed the behavior (Consequence)

Managing Challenging Behavior



- Do nothing if not life threatening or dangerous behavior.
- Remember that most behavior communicates a need or want
- Think about what you are giving energy and attention to.
- Respond appropriately
- Evaluate

Communication



- What did/did not work
- Identify behaviors observed
- Assumptions of purpose of behavior
- Managing the behavior
- What was the result

Managing Specific Behavioral Challenges



- **Walk About:**
 - Go to each flip chart paper and write down a stereotypical reactions to the behavior listed
- In a small group identify strategies to address the behaviors listed.

Individual Human Rights



- Documents supporting Individual Rights- DDD, agency

Why Activities are Important?



- Provides Structure
- Fun
- Engage individual in a different dynamic (way)
- Reduces Challenging Behavior
- Decreases boredom
- Gives the individual something to look forward to.
- Helps to burn off excess energy
- Promotes Independence

Activity Planning



- Identify activities
- Plan activities of interest that are age appropriate
- Prepare
- Implement

Design an Activity



- Name of Activity
- Skill to be learned
- Materials Needed
- Procedure/Instructions
- Evaluation of activity
- Any changes to activity

Bringing it all together



Role Play

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