



Why do they do that?  
Considering internal and external factors  
influencing our behaviour



# Agenda



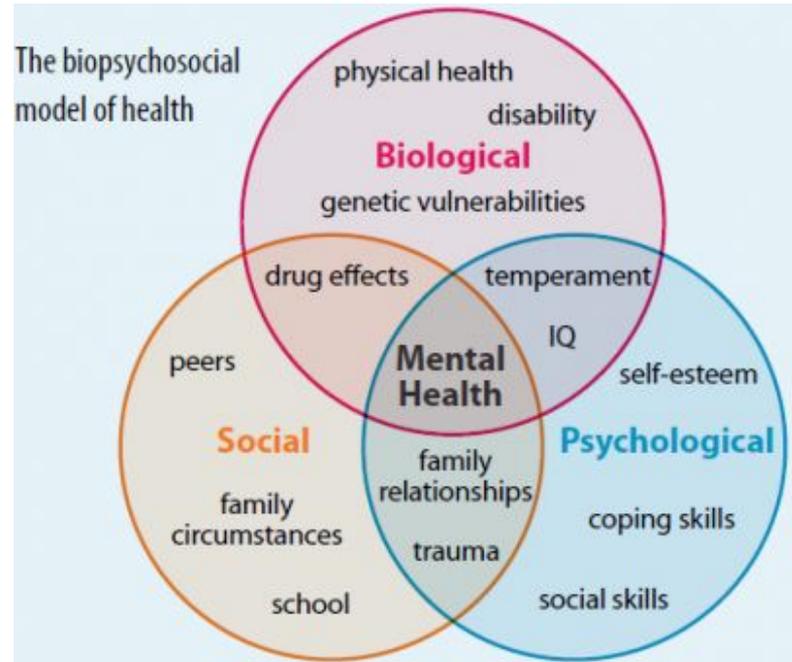
- Understanding behaviour
  - Mental Health approach
  - Behavioural approach
- Interdisciplinary Practice
- Summary

# Understanding behaviour

## Mental Health Approach

### Emotional Basis for Behaviour

- Thoughts-feelings-actions
- Internal and external experience
- Family systems
- Genetic predisposition or psychological exposure and influence
- Attachment (bonds)
- Abuse or Addiction
- Capacity for self-control
- Identity
- Psychological and Personality Disorders
- Existential questions of meaning

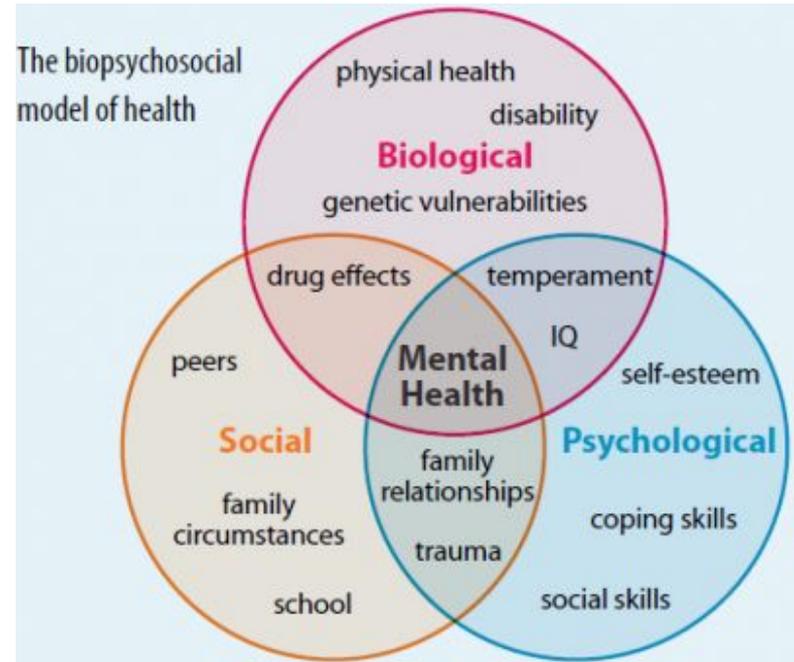


# Understanding behaviour

## Mental Health Approach

### Mind, Body, Spiritual Well-being

- Primary interest in Internal motivators/ attitudes/bias/cognitive distortions...
- “Change your mind and your body will follow”
- Incorporates a variety of approaches
- Primarily concerned with issues of psyche, mental health, and “internal world”



# Understanding behaviour

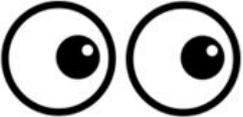
## Behavioural Approach

3 Term contingency:

- + Antecedent
- + Behaviour
- + Consequence

## Functional Basis for Behaviour

- Why is the behaviour happening?
- Respond based on function- what purpose is the behaviour serving?

Four Functions of Behaviour	
Sensory	
Escape	
Attention	
Tangible	

# Understanding behaviour



## Behavioural Approach

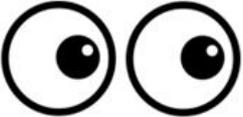
- Contingencies
  - The presentation of a stimuli that increases a response (positive reinforcement eg. praise)
  - The presentation of a stimuli that decreases a response (positive punishment eg. admonishment)
  - The removal of a stimuli that increases a response (negative reinforcement eg. putting on ones seatbelt)
  - The removal of a stimuli that decreases a response (negative punishment eg. timeout).
  
- Positive Reinforcement = Best Practice!

# Understanding behaviour

## Behavioural Approach

Make sure that your reinforcer is actually reinforcing:

- Praise may not be reinforcing to an individual who doesn't like to be the center of attention!
- iPad breaks aren't going to be as effective for a person who gets unlimited iPad time anyway!
- Jellybeans will eventually lose their effectiveness - be sure to change things up to ensure maximum reinforcer potency!

Four Functions of Behaviour	
Sensory	
Escape	
Attention	
Tangible	

# Understanding behaviour



## Interdisciplinary Approach

- Consistent Communication
  - Creating a dividing line between MH and Behavioural strategies by saying MH is for feelings and Behavioural strategies are for behaviour is simply not true!
  - People are motivated BOTH internally and externally.
  - Recognizing when our work is no longer working, or needs supplementation, and reaching out to other caregivers and professionals who have a slightly different approach might be just what is needed.

# Interdisciplinary Approach



- Let's consider working proactively and reactively to meet current needs:
  - First try to understand what is motivating a person to behave.
  - Consultation can be provided from various disciplines as needed.
  - Collaborative viewpoints make well informed decisions.
  - Accountability and dispersed responsibility allows us to share the journey.
  - Once therapeutic strategies are identified, they are not “set in stone” - individuals can change, and perspectives can enlighten us and impact how we support those we serve.
  - How we respond to the behaviour will influence it.

# Interdisciplinary Approach



- Trauma Informed Practice
  - Understanding the **physical**, **social**, and **emotional** impact of trauma on the individual, as well as on the professionals who help them
  - E.g., Attention-seeking behaviour: In behaviour-based intervention we would ignore attention-seeking behaviour, but with Trauma Informed Practice, we must be aware of the possibility of an underlying mental health problem, like an Attachment Disorder, which we would treat differently (i.e., referral to MH clinician for trauma therapy!)

# Interdisciplinary Approach



- The community development model vs the medical model
  - Let's work with the individual to help improve their quality of life (rather than try to "fix" them).
- Non-traditional therapeutic approach:
  - E.g., Behaviour Consultants, Counsellors, Behaviour Interventionists, Child Care Workers, Family Support Workers, tutors, etc., all working collaboratively in home, school, or community settings depending on an individual's needs
  - Breaking the stigma about counselling needing to be isolated and confined to dark rooms
- At the end of the day caregivers and natural support systems know the person best!

# Summary



## Mental Health Approach

People respond based on their subjective internal experience as well as their external experience

- The emotional experience
- A balanced brain is a healthy brain, so be mindful of how needs are nurtured

Not all mental health concerns can be handled through talk therapy alone

- There is a time and a place for medication
- Treatment team and plan for complex cases

Biopsychosocial Model approaches health from a comprehensive view of a person's experience and includes:

- Consideration of a person's biological makeup and functioning
- Their individual cognitions of the way the world is and how they relate to it
- How, where and with whom a person receives social connection

# Summary



## Behavioural Approach

Remember the functions of behaviour:

- Sensory, Escape, Attention, Tangible

Respond based on function:

- Sensory - find a functional alternative that satisfies the need for sensation.
- Escape - don't allow escape from the task at hand, and always return to the task when possible; instead, teach how to request breaks, and honor functional communication.
- Attention - it's okay to practice "planned ignoring" in order to decrease attention-seeking behaviour; eventually, the attention-seeking behaviour will decrease once it no longer elicits the desired attention.
- Tangible - don't allow access to the desired item or activity; instead, teach how to ask permission and reward for sharing and cooperation.

# Summary

## Integrated Approach

- ALWAYS consider both sides simultaneously to best meet the person's complex needs!
- Trauma-informed service delivery is essential.
- Consider non-traditional therapeutic approaches and settings.
- Work proactively and reactively to meet changing needs.
- Consistent communication between team members is a must:
  - Recognizing when the “work” is no longer working, and reaching out to other professionals who have a slightly different approach that might be just what is needed.
- We invite you to make an interdisciplinary-informed decision about which approach to take and which services to access- it doesn't have to be one or the other, it can be all as long as professional have a collaborative attitude and mindset.

# Summary

We invite you to make an interdisciplinary-informed decision about which approach to take and which services to access- it doesn't have to be one or the other, it can be all as long as caregivers have a collaborative attitude and mindset.