



Navigating Behavioral Challenges with Remote Schooling for Parents

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Nature of Behavior

All behavior is purposeful

There are a multitude of models explaining misbehavior.

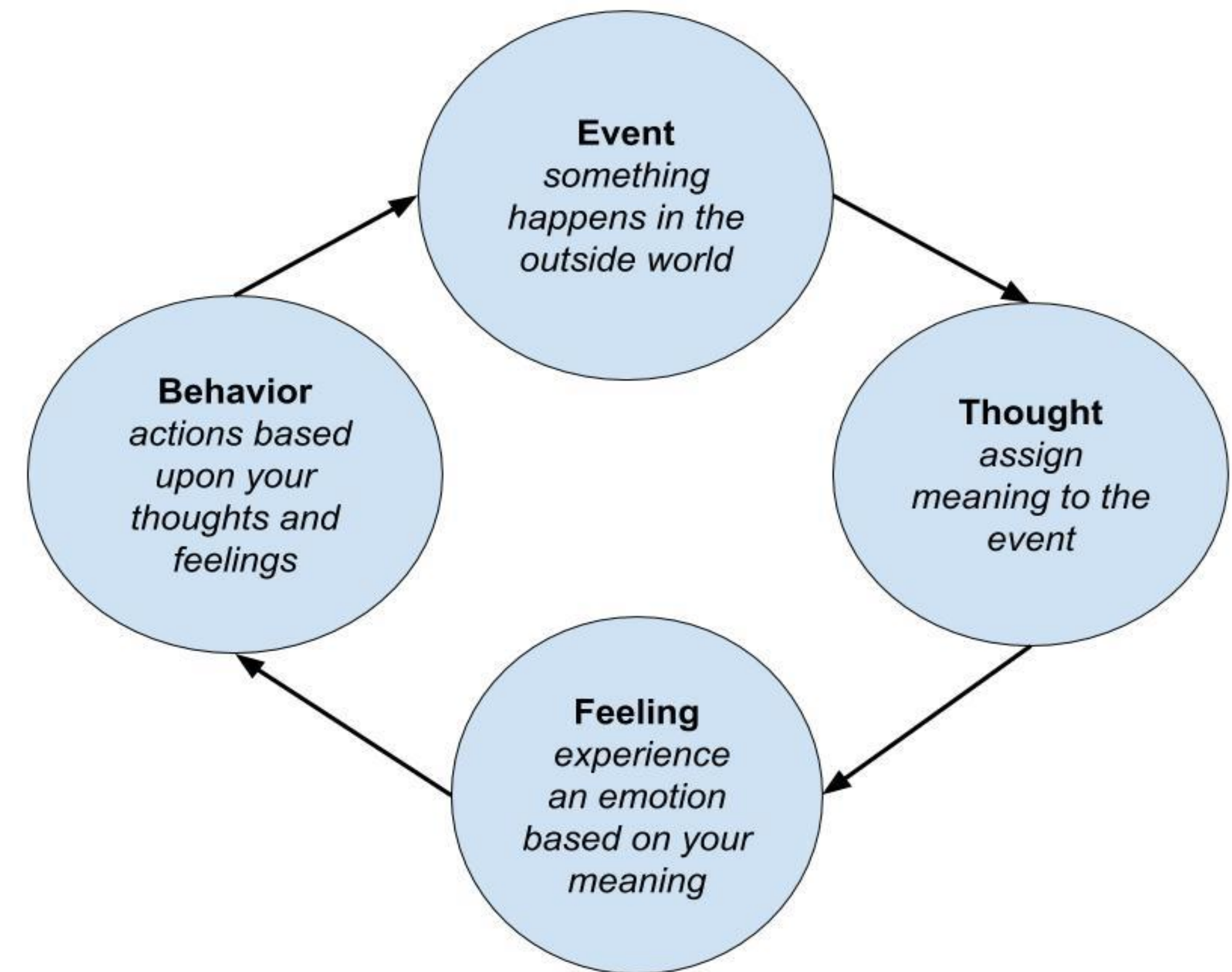
Some models are strictly behavioral and do not take underlying issues and concerns into account

Real change cannot occur without addressing underlying causes

Cognitive-Behavioral Approach

Behaviors are based on thoughts and feelings.

Changing the way you think changes the way you feel and in turn changes the way you act.



Cognitive Errors

Inappropriate behavior is related to inaccurate thinking.

Fix the thinking, fix the behavior

- . All or nothing thinking
- . Overgeneralization
- . Personalization
- . Jumping to conclusions
- . Disqualifying the positive
- . Should statements
- . Mental filter

CBT Examples

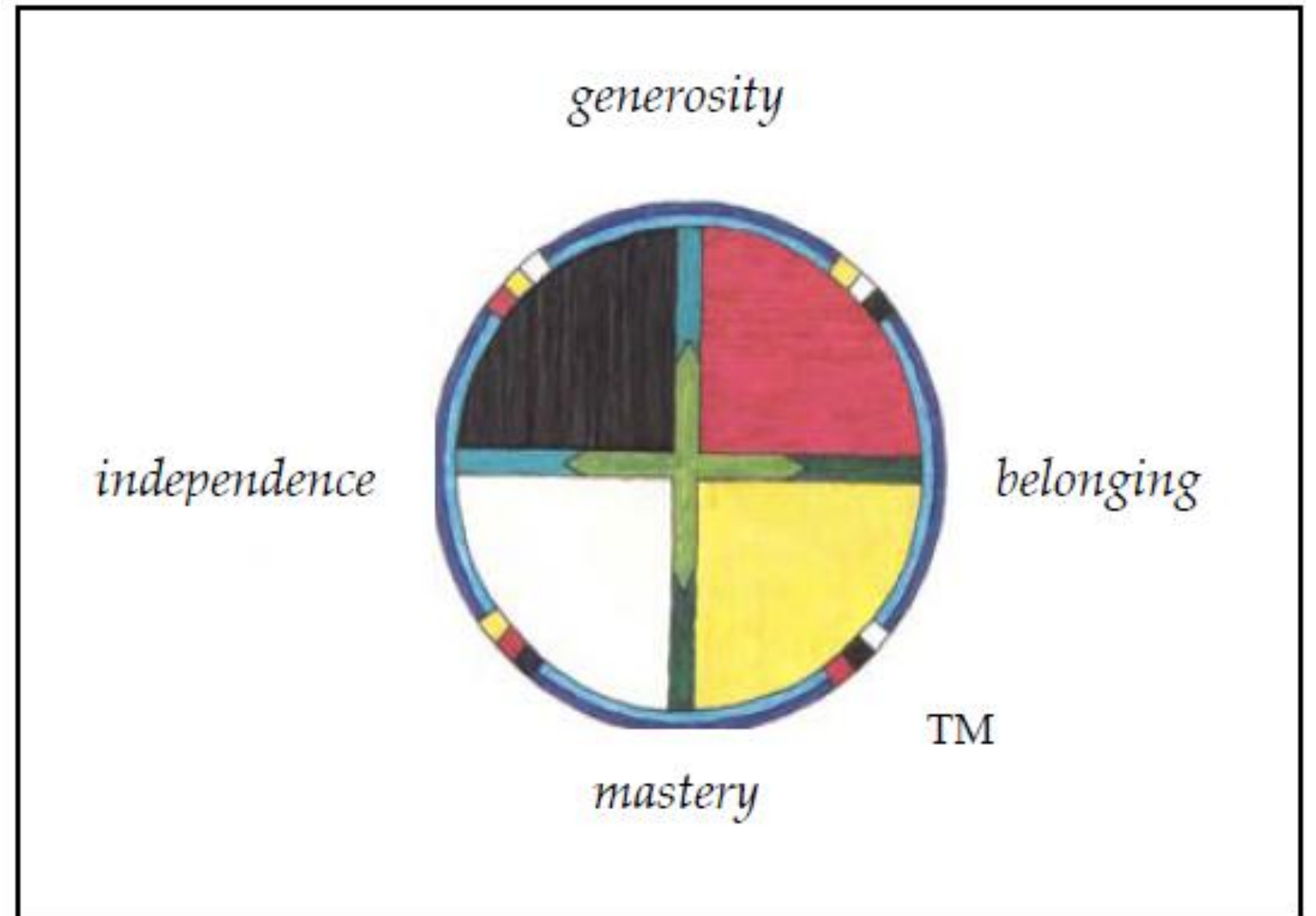
Student is not turning in work or not willing to work on schoolwork

- “Why bother, I will fail anyway”
 - Jumping to conclusions
- “You’re trying to control me”
 - Personalization

Circle of Courage

TLC/STARR Global Learning model based on resilience research and Native American teachings.

Problematic behavior is symptomatic of unmet needs.





**When a flower
doesn't bloom
you fix the
environment
in which it
grows, not
the flower.**

Alexander Den Heijer

Circle of Courage

Belonging

- Feeling attached, loved and trusted
- Encouraging cooperation and friendliness

Mastery

- Feeling successful and having a sense of competence/achievement
- Encouraging problem solving skills, creativity, and motivation

Independence

- Feeling autonomous, confident, assertive, and responsible
- Encouraging inner control, self-discipline, and leadership

Generosity

- Feeling altruistic, loyal, empathetic, and caring
- Encouraging sharing, supportive, and prosocial behaviors

Broken Circles

Misbehavior is an indicator of one or more broken circles.

Correcting the misbehavior involves restoring the circle.



Circle of Courage Examples

Student is not turning in work or refusing to work on schoolwork

- The child has a broken Mastery circle
 - They need activities which they can be successful and develop confidence
- The child has a broken Independence circle
 - They need someone to be there with them to keep them motivated and feel as if they cannot be successful on their own
 - They need to be encouraged to try on their own first and then ask for help as needed. When help is provided, be sure you help lead them to the correct answer and don't provide it for them.

Behavioral Approaches

Applied Behavioral Analysis-ABA

- ABA is the practice of applying the psychological principles of learning theory in a systematic way to alter behavior in humans or animals.
- Very applicable for students with Autism or ID diagnoses

Classic Behaviorism

- The theory that human and animal behavior can be explained in terms of conditioning, without appeal to thoughts or feelings
- Only concerned with observable stimulus-response behaviors
- All behaviors are learned through interaction with the environment

Applied Behavioral Analysis

ABA-Functions of behavior

- . Sensory stimulation
- . Escape
- . Access to attention
- . Access to Tangibles

ABA Techniques

Discrete Trials

- . Breaks down behaviors and uses repetition with rewards or corrections to train complex behaviors

Pivotal Response Therapy

- . Allows students to set the pace of learning and the context with some structure
- . Offer coaching and feedback to increase core skills of motivation, self regulation, etc.

ABA Techniques Continued

Token Economy

- . Students earn or lose tokens based on behavior and can use the tokens to purchase preferred activities or tangibles

Contingent Observation

- . Similar to timeout but focuses on having students learn from the behavior of other students while removed from the group

Classic Behaviorism

Behavior serves one of six purposes:

- . Obtain preferred item or activity
- . Escape or avoidance
- . Obtain or avoid attention
- . Communication
- . Self-stimulation
- . Control or power

Classic Behaviorism Techniques

Classical Conditioning

- . Stimulus response pairing
- . Pavlov's dogs
- . Hardee's ad

Operant Conditioning

- . Skinner box
- . Positive/negative reinforcement
- . Reward/punishment

Classic Behaviorism Techniques

Token Economy

Shaping

Modeling

Reinforcement

Reward

Punishment

Behavioral Examples

Student is not turning in work or refusing to do schoolwork

- . Token economy
 - For each assignment you turn in, you get a sticker. When you get 5 stickers, you can take a 15-minute break to play on your iPad
- . Point systems
 - Earn points for positive behaviors and total the points at the end of the day to earn rewards
- . Clip charts
 - If you demonstrate positive behavior, you clip up. Negative behaviors clip down.

De-escalation Techniques

Owl-Tiger-Meerkat

BIST strategies

Calm voice

Personal space-Proxemics

Reinforce safety

Do NOT confront behavior directly when someone is already upset. Wait for regulation, then discuss behavior

Questions and Answers

Please use the Q + A box to type your questions so that we can more easily see them

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