

Registered Behavior Technician

*Presented by Chaza Attar, M.ADS, BCBA
Masters in Applied Disabilities Studies
Board Certified Behavior Analyst*

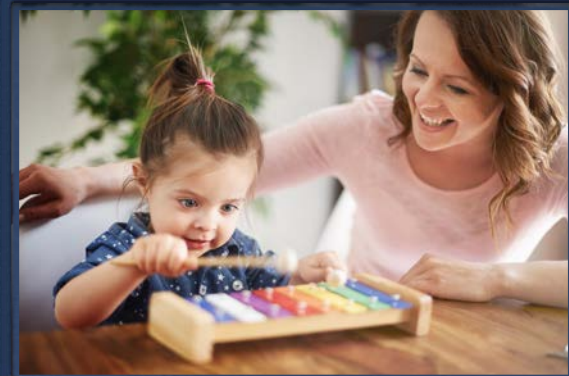
Copyright

The course content was created by Chaza Attar and is the property of Autism Therapy & Training Inc.

All rights are reserved.



This training program is based on the Registered Behavior Technician Task List and is designed to meet the 40-hour training requirement for the RBT credential. The program is offered independent of the BACB



Applied Behavior Analysis

Dimensions of ABA

These 7 dimensions of ABA described by Baer, Wolf and Risley in 1968:

Applied

- This dimension focuses on changing socially significant behaviors.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Behavioral

- Behavior must be observable and measurable. Behaviorist must directly observe and measure the behavior and not rely on what people say.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Analytic

- Demonstration of experimental control
- Identifying a functional relationship between behavior and environmental events

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Technological

- The use of complete and precisely described procedures
- Ability for a behavior analyst to replicate a written description of a procedure
- Procedure should include, what behavior, where, how long, what is said, how, etc.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Effective

- treatment results in significant change in rate of behavior

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Conceptually systematic

- Procedures are described in terms of basic principles, ex. Extinction

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Dimensions of ABA

Generality

- Is evidenced by implementing procedures across settings, individuals, procedural variations

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1310980/pdf/jaba00083-0089.pdf>
(Baer, Wolf, Risley 1968)



Question

This dimension focuses on changing socially significant behaviors?

- A. Applied
- B. Behavioral
- C. Analytic
- D. Technological
- E. Effective
- F. Conceptually Systematic
- G. Generality



Answer

This dimension focuses on changing socially significant behaviors?

- A. **Applied**
- B. Behavioral
- C. Analytic
- D. Technological
- E. Effective
- F. Conceptually Systematic
- G. Generality

Question

This dimension states that treatment results should show a significant change in the rate of behavior,

- A. Applied
- B. Behavioral
- C. Analytic
- D. Technological
- E. Effective
- F. Conceptually Systematic
- G. Generality

Answer

This dimension states that treatment results should show a significant change in the rate of behavior,

- A. Applied
- B. Behavioral
- C. Analytic
- D. Technological
- E. **Effective**
- F. Conceptually Systematic
- G. Generality

Question

“The child was angry” does not meet which one of the dimensions discussed by Baer, Wolf and Risley?

- A. Applied
- B. Behavioral
- C. Analytic
- D. Technological
- E. Effective
- F. Conceptually Systematic
- G. Generality

Answer

“The child was angry” does not meet which one of the dimensions discussed by Baer, Wolf and Risley?

- A. Applied
- B. Behavioral**
- C. Analytic
- D. Technological
- E. Effective
- F. Conceptually Systematic
- G. Generality

Principles of ABA

- ✦ Reinforcement
- ✦ Punishment



Reinforcement

- **Reinforcement** is the process in which delivery of a consequence will increase future occurrences of a behavior

2 Types:

1. Positive Reinforcement
2. Negative Reinforcement



Positive Reinforcement

- the **addition** of a desirable stimulus that increases the future occurrence of a behavior.

Behavior *Consequence*

Respond to request given by teacher → given chocolate

Positive Reinforcement



How to increase behaviors using reinforcement?

Reinforcers

- A reinforcer is the stimuli that is given following the behavior
- Primary Reinforcers or unconditioned reinforcers such as water, food (edibles), warmth, etc.
- Secondary Reinforcers or conditioned reinforcers such as toys (tangibles), games and colouring (activities), painting (sensory)

Stimuli

- Neutral Stimulus
- Unconditioned Stimulus
- Conditioned Stimulus

Reinforcer

- Tangible: toys, stickers
- Edible: snacks, sips of juice
- Sensory: tickles, light up toys
- Activity: board games, movie
- Social: Verbal praise like “good job!”

Fading Reinforcers

- Reinforcers are great, but we often to remind those we are supporting to fade those reinforcers over time

Schedules of Reinforcement

- Continuous Schedules of Reinforcement (CRF)
 - New behaviors
- Intermittent Schedules of Reinforcement (INT)
 - Maintaining behaviors

Effectiveness of a Reinforcer

Effectiveness of Reinforcement

- What makes a reinforcer effective?
 1. Reinforcer must be immediately delivered after the behavior occurs
 2. Reinforcer must be contingent on the behavior
 3. Individual Differences
 4. Motivating operations can alter the value of the reinforcer
 5. Magnitude or the amount of the reinforcer delivered

Immediacy

1. Reinforcer must be immediately delivered after the behavior occurs.
 - In order for a behavior to be strengthened it must be followed by a reinforcer immediately. If it does not follow the desired behavior immediately, it will follow some other behavior; thus, strengthening some other behavior which may not be a desirable one.
 - The reinforcer should be given without delay (0 second delay)

Contingent

2. Reinforcer must be contingent on the behavior
 - In order for a reinforcer to be effective and make behavior changes, it must be contingent on the behavior.
 - New behaviors should be reinforced every single time
 - When using edible reinforcers, movies, toys and so on always pair it with social praise like "great work!" or "good job!".

Individual Differences

3. Individual Differences

- Every one has different preferences

Establishing Operations

4. Establishing Operations — Value of reinforcer increases due to deprivation

Magnitude

5. Magnitude or the amount of the reinforcer delivered.

- The amount of time your client engages in an activity or toy. For example, getting 30 seconds of movie time versus 2 minutes.
- The number of times the reinforcer is given per unit of time. For example, getting a piece of pretzel 15 times per minute versus 3 times per minute
- The intensity of the reinforcer. For example, a hug with deep pressure versus a gentle, lightly squeezed hug

Question

Positive reinforcement is the addition of a desirable stimulus that increases the future occurrence of a behavior,

- A. True
- B. False

Answer

Positive reinforcement is the addition of a desirable stimulus that increases the future occurrence of a behavior,

- A. True
- B. False

Question

Giving a client any item following a behavior is known as a reinforcer,

- A. True
- B. False

Answer

Giving a client any item following a behavior is known as a reinforcer,

- A. True
- B. False**

Question

The learner you work with loves stickers. After completing a math problem at every lesson, you give them a sticker. After several weeks, you notice that the learner has shown improvements in his math problem solving skills. This would be an example of the process of positive reinforcement,

- A. True
- B. False

Answer

The learner you work with loves stickers. After completing a math problem at every lesson, you give them a sticker. After several weeks, you notice that the learner has shown improvements in his math problem solving skills. This would be an example of the process of positive reinforcement,

- A. True
- B. False

Question

A tangible reinforcer is something like which of the following examples,

- A. Sip of juice
- B. Board game
- C. High five
- D. spin top

Answer

A tangible reinforcer is something like which of the following examples,

- A. Sip of juice
- B. Board game
- C. High five
- D. spin top

Question

An edible reinforcer is something like which of the following examples,

- A. Sip of juice
- B. Board game
- C. High five
- D. spin top

Answer

An edible reinforcer is something like which of the following examples,

- A. **Sip of juice**
- B. Board game
- C. High five
- D. spin top

Question

A social reinforcer is something like which of the following examples,

- A. Sip of juice
- B. Board game
- C. High five
- D. spin top

Answer

A social reinforcer is something like which of the following examples,

- A. Sip of juice
- B. Board game
- C. **High five**
- D. spin top

Question

In order for a reinforcer to be effective it must be delivered immediately. How long should the delay be?

- A. 2 second delay
- B. 0 Second delay
- C. No longer than 5 seconds of a delay
- D. There should always be a delay

Answer

In order for a reinforcer to be effective it must be delivered immediately. How long should the delay be?

- A. 2 second delay
- B. 0 Second delay**
- C. No longer than 5 seconds of a delay
- D. There should always be a delay

Question

In order for a reinforcer to be effective you must consider,

- A. The type of reinforcer
- B. The amount of the reinforcer given
- C. The value of the reinforcer in that moment
- D. All of the above
- E. None of the above

Answer

In order for a reinforcer to be effective you must consider,

- A. The type of reinforcer
- B. The amount of the reinforcer given
- C. The value of the reinforcer in that moment
- D. All of the above**
- E. None of the above

Question

A behavior that is reinforced every single time is on what schedule of reinforcement?

- A. Immediate schedule of reinforcement
- B. Intermittent schedule of reinforcement
- C. Continuous schedule of reinforcement
- D. Continuum of reinforcement
- E. None of the above

Answer

A behavior that is reinforced every single time is on what schedule of reinforcement?

- A. Immediate schedule of reinforcement
- B. Intermittent schedule of reinforcement
- C. Continuous schedule of reinforcement**
- D. Continuum of reinforcement
- E. None of the above

Remember

- ✦ New behaviors need to be reinforced every time aka Continuous Schedule of Reinforcement (CRF)
- ✦ Reinforcers need to be immediate, contingent, valuable to the individual and the amount of the reinforcer needs to be worth it

Intermittent Schedules of Reinforcement

- ✦ Reinforce every now and then
- ✦ Maintains the behavior overtime

Intermittent Schedules of Reinforcement

Intermittent Schedules of Reinforcement

- Fixed Ratio - reinforcer is delivered after a specific number of responses
- Ex. Token board

Intermittent Schedules of Reinforcement

- Fixed Interval - reinforcer is delivered after a specific amount of time
- Ex. Child receives a piece of cookie after sitting for 2 minutes during circle time.

Intermittent Schedules of Reinforcement

- Variable Ratio - the reinforcer is delivered on an average number of responses
- Ex. Slot machines
- VR 5, average of 5 responses (1-10)

Intermittent Schedules of Reinforcement

- Variable Interval - reinforcer is delivered on an average time
- Ex. VI 6 minutes, (reinforced between 1-12 minutes)

Types of INT

FR	FI	VR	VI
Fixed # of responses	Fixed amount of time	Average # of responses	Average amount of time
Reinforced on 3rd response (FR ₃)	Reinforced at 3 minutes	Reinforce on average of 3 responses (1-6)	Reinforce on average of 3 minutes (1-6)

Question

The behavior is reinforced every single time, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)

Answer

The behavior is reinforced every single time, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement**
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)

Question

The behavior is reinforced every 6th response, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)

Answer

The behavior is reinforced every 6th response, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)**
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)



Question

The behavior is reinforced on an average of 3 minutes, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)



Answer

The behavior is reinforced on an average of 3 minutes, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)**



Question

The behavior is reinforced on an average of 2 responses, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)



Answer

The behavior is reinforced on an average of 2 responses, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)**
- E. Variable interval (VI)

Question

The behavior is reinforced at 4 minutes, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)
- D. Variable ratio (VR)
- E. Variable interval (VI)

Answer

The behavior is reinforced at 4 minutes, which schedule of reinforcement is it?

- A. Continuous schedule of reinforcement
- B. Fixed ratio (FR)
- C. Fixed interval (FI)**
- D. Variable ratio (VR)
- E. Variable interval (VI)

Question

The behavior is reinforced on an average of 2 responses?

- A. FR 1
- B. FI 4
- C. VR 2
- D. VI 1

Answer

The behavior is reinforced on an average of 2 responses?

- A. FR 1
- B. FI 4
- C. VR 2**
- D. VI 1

Question

The behavior is reinforced on a continuous schedule of reinforcement?

- A. FR 1
- B. FI 4
- C. VR 2
- D. VI 1

Answer

The behavior is reinforced on a continuous schedule of reinforcement?

- A. FR 1**
- B. FI 4
- C. VR 2
- D. VI 1

Take a Break

Negative Reinforcement



Negative Reinforcement

- the **removal** of an aversive stimulus that increases the future occurrence of a behavior
- when son takes out the garbage to stop mom's nagging

Behavior *Consequence*
Nagging → take out garbage

Negative Reinforcement

- Noisy outside, close the window to remove noise
- Cold outside, go inside

Negative Reinforcement

- Escape contingency
- Avoidance Contingency

Negative Reinforcement

- Negative Reinforcers
 - Nagging
 - Noise

Negative Reinforcement

- Unconditioned Negative Reinforcers
 - Shock
 - Noise
 - Bright light
 - Pain

Negative Reinforcement

- Conditioned Negative Reinforcers
 - Nagging
 - Dark sky
 - Red tail lights on cars on road

Example

- You take your son or daughter to the grocery store and they see chocolate at the check out. The child begins to cry for chocolate. You immediately give the child chocolate so you can quiet them down.
- Whose behavior is maintained by positive reinforcement?
- Whose behavior is maintained by negative reinforcement?



Reinforcement

Child sees chocolate	Cries	Child gets chocolate	Positive reinforcement
Parent hears crying	Gives chocolate	Crying stops	Negative reinforcement

Reinforcement

In practice

- ✿ Positive reinforcement is used to teach new behaviors and maintain them overtime
- ✿ Negative reinforcement is used to improve feeding issues, teach a child to say “no” or “stop” rather than using problem behavior and other problem behaviors

Question

The child reads a page and the teacher says, “great work!”, which one is correct?

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

The child reads a page and the teacher says, “great work!”, which one is correct?

- A. Positive Reinforcement**
- B. Negative Reinforcement

Question

The child pushes the spoon of cereal and the food is put away, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

The child pushes the spoon of cereal and the food is put away, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement**

Question

You get in your car and begin driving. The seatbelt indicator begins beeping over and over until you put your seatbelt on, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

You get in your car and begin driving. The seatbelt indicator begins beeping over and over until you put your seatbelt on, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement**

Question

You clean your work station every Friday when your supervisor is on site because someone will get a prize for the best work station, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

You clean your work station every Friday when your supervisor is on site because someone will get a prize for the best work station, the behavior is maintained by...

- A. Positive Reinforcement**
- B. Negative Reinforcement

Question

Your baking cookies and put on oven mitts, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

Your baking cookies and put on oven mitts, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement**

Question

You are teaching your learner at the table, they begin looking away and you remove all teaching material because you believe they are bored, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement

Answer

You are teaching your learner at the table, they begin looking away and you remove all teaching material because you believe they are bored, the behavior is maintained by...

- A. Positive Reinforcement
- B. Negative Reinforcement**

Final Thoughts