

## Common Terms:

**Applied:** one must select a behavior that is significant for the client and that would improve the client's life.

**Behavioral:** the behavior must be observable and measurable. It must be clearly defined so multiple people can observe the same behavior

**Operant behavior:** a behavior that is learned through the past consequences. This is also known as Contingency-shaped behavior

**Operant conditioning:** when a behavior is strengthened or weakened by the consequence overtime

**Behavioral contract:** a written form involving rule governed behavior. It specifically describes what a person should do and what they will get as a reward

**Motivating Operation (MO):** is what drives the value of a stimulus. MO controls the behavior. There are two kinds of MO's:

- **Establishing operation (EO):** + strengthens the value of the stimulus
- **Abolishing operation (AO):** - weakens the value of the stimulus

**Discriminative Stimulus (SD):** is a stimulus that evokes a behavior, followed by reinforcement or punishment.

**Response/Behavior:** what an individual does

**Consequence:** an event that occurs after the behavior

## Functions of Behavior:

- **Attention:** can be observed when one engages in a behavior to gain attention from others
- **Access:** when one engages in a behavior to gain access to a preferred item
- **Escape:** behavior can be observed when one engages in a behavior to escape from a situation
- **Sensory:** can be observed when one engages in a behavior because it makes them feel good

**Topography:** what the behavior looks like

- The target behavior should always be measurable and to do so the behavior must be described

**Rate or Frequency:** the number of the target behavior during a designated period of time

**Duration:** is the length of time of a target behavior

**Magnitude:** the intensity, strength, size or degree of a target behavior

- Important to note because the behavior might be the same, but changes in its magnitude can lead to different outcomes

**Response Latency:** is the elapsed time between a stimulus and the time a response starts

**Interresponse Time (IRT):** is the elapsed time between the end of a target behavior and the beginning of the same target behavior

**ABC Recording:**

- **Antecedent:** actions or events that happen before the behavior
- **Behavior:** the response to the antecedent
- **Consequence:** the action or response that follows the behavior

**Partial interval recording:** is a method of dividing the observation period into intervals and checking if the target behavior has occurred anytime during each interval.

- Even if it occurs for one second during the interval it will be marked as an occurrence

**Whole interval recording:** dividing the observation period into intervals and checking if the target behavior has occurred through the duration of each interval

**Momentary time sampling:** a method of dividing the observation period into intervals and checking if the target behavior has occurred at the end of each interval

**Interobserver agreement (IOA):** is conducted by multiple people observing the same behavior and investigating how accurately they are collecting data

**Preference assessment:** conducted to identify the hierarchy of the clients favorite items/activities

- **Free operant observation:** various toys/activity materials are presented in front of the client and the duration of activity engagement with each item is measured to determine which item the client finds the most preferred
- **Single stimulus:** one item is presented in front of the client and the RBT observes if they show interstate in the item. Multiple items will be tested, but only one at a time.
- **Paired stimulus:** two items are presented side-by-side in front of the client and the RBT observes which item they choose to play with
- **Multiple stimulus with replacement (MSW):** multiple items are presented in front of the client and the RBT observes which item they choose to play with. After the client plays with the item, the RBT prepares a new set of items including the item the client has played with and have them choose an item to play with to determine which item they like
- **Multiple stimulus without replacement (MSWO):** multiple items are presented in front of the client and the RBT observes which item they chose to play with, but after the client plays with the item, the RBT will present the remainder of item without the item they have played with and observes which item they select.

**Reinforcement and Punishment:**

- **Positive reinforcement:** increases the occurrences of a target behavior by providing a motivating stimulus as a consequence
- **Negative reinforcement:** increases the occurrence of a target behavior by removing an aversive stimulus as a consequence
- **Positive punishment:** decreases the occurrence of a target behavior by providing an aversive stimulus as a consequence
- **Negative punishment:** decreases the occurrence of a target behavior by removing a motivating stimulus as a consequence

**Extinction:** withdrawal of reinforcement; often used to eliminate unwanted behaviors that have been previously paired with reinforcers

- Attention/Access
- Escape
- Sensory

**Extinction burst:** when the previously reinforced behaviors are no longer reinforced the client may try those behaviors more intensely before they realize they will not work; you may see an increase in the challenging behaviors

**Spontaneous recovery:** when a behavior decreases, but then resurfaces in hopes it would be reinforced

**Prompt:** stimulus that is temporarily added to increase the likelihood of engaging in target behavior (correct response)

- Full physical
- Partial physical
- Verbal
- Model
- Positional
- Gestural

**Differential reinforcement:** a procedure that involves reinforcement and extinction

- **Differential Reinforcement of Alternative Behaviors (DRA):** you will reinforce appropriate alternative behaviors while you place inappropriate behaviors on extinction
- **Differential Reinforcement of Incompatible Behaviors (DRI):** you will reinforce appropriate alternative behavior that cannot exist simultaneously with the inappropriate behaviors while you place the inappropriate behaviors on extinction
- **Differential Reinforcement of Other Behaviors (DRO):** you will reinforce one's behaviors when a specific inappropriate behavior is absent during a specified time
- **Differential Reinforcement of High Rates of Behaviors (DRH):** one's behavior will be reinforced when the rate of response is higher than a predetermined criterion
- **Differential Reinforcement of Low Rates of Behaviors (DRL):** one's behavior will be reinforced when the rate of response is lower than a predetermined criterion
- **Differential Reinforcement of Diminishing Rates (DRD):** there are time intervals with predetermined criteria that lower over time. When one meets the criterion, their behavior is reinforced.

**Schedules of reinforcement:** describes how often the occurrence of a behavior will receive reinforcement

- **Continuous schedule of reinforcement:** deliver a reinforcer every instance a client responds correctly
- **Intermittent schedule of reinforcement:** deliver a reinforcement after some correct responses, not every response

- **Fixed ratio (FR):** reinforcement is delivered after a specific number of responses
- **Variable ratio (VR):** reinforcement is delivered after a non-specific number of responses is made
- **Fixed interval (FI):** reinforcement is delivered for a response immediately after a specified time
- **Variable interval (VI):** reinforcement is delivered for a response immediately after a non-specified time

**Antecedent interventions:** behavioral methods to prevent a target behavior before it occurs

**Behavior momentum:** present a non-preferred task immediately after multiple easy tasks

**Functional communication training (FCT):** one is taught to communicate their wants and needs instead of engaging in an inappropriate behavior

**Premack principle:** used to control a client's behavior by placing a high probability behavior after a low probability behavior; first/then statements

**Noncontingent reinforcement (NCR):** an antecedent intervention that provides reinforcement on a fixed or variable time schedule regardless of the occurrence of a target behavior

**Shaping:** a method of gradually changing a behavior to a desired target behavior. When shaping is used, you will systematically reinforce a behavior that is closer to the target behavior

**Chaining:** a method of breaking a task into multiple steps on focusing on each step before chaining them all together

- **Forward chaining:** at first only the first step of a task is targeted and they receive a reinforcer upon completion
- **Backward chaining:** at first only the last step of a task is targeted and they receive a reinforcer upon completion
- **Total task:** all steps are introduced at once and a small reinforcer is given for the completion of each step. Prompts are given as needed at each step. Big reinforcement when completed.

**Task analysis (TA):** used to collect data and measure progress

**Token economy:** a reward system with tokens that are contingent upon a target behavior

**Token board:** where the RBT gives the earned tokens

**Response cost:** a procedure of removing an earned token contingent upon one's misbehavior

**Discrimination training:** a procedure that teaches one to respond to a specific stimulus, but not other stimuli.

**Discrete trial training:** a one-on-one teaching procedure; highly structured and it teaches skills one by one with systematic strategies

**Listener responding (LR):** following directions given by others

**Echoic:** occurs when a person repeats what another person says

**Tact:** occurs when a person names objects or actions of what they see, hear, smell, taste, or touch

**Mand:** occurs when a person asks what they want (MO must be present)

**Intraverbal:** occurs when there is a verbal exchange between two people and the response is a different from the stimulus

**Social skill training:** a set of techniques designed to strengthen an individual's social skills