

Why Is This Happening?

Behavior and Its Functions – Understanding Behavior in Order to Rise Together

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Introduction

- Ashley Bowman
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- Board Certified Behavior Analyst and Licensed Behavior Analyst
- Certified Clinical Trauma Professional

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What is Behavior?



- Actions or reactions of an organism in relation to the environment
 - Conscious, unconscious
 - Overt, covert
 - Conditioned or unconditioned
- Influenced
 - Culture, emotions, attitudes, values, ethics, authority, persuasion, and/or coercion
- Affected by Stimuli
 - Sound, smell, sights, anything in the environment
 - Related to internal state of the animal
 - Hunger, cold, etc

Behavior Analysis

Science!

- Seeks to understand behavior of living organisms

“Biological, pharmacological, and experiential factors influence the behavior of humans and nonhuman animals,” (ABAI, 2020).



Applied Behavior Analysis



Discovering environmental variables that influence socially significant behavior and develop a technology of behavior change that takes practical advantage over the discoveries.

Behavior Chain

Antecedent – Behavior – Consequence

Antecedent (trigger) – what happens right before a behavior

Behavior – what it is that happens

Consequence – what happens right after a behavior

Consequences Do Matter

Reinforcement

Increase in the future frequency of behavior

Punishment

Decrease in the future frequency of behavior



Behavior and Its Functions



Functions of Behavior



ESCAPE



ACCESS TO TANGIBLE

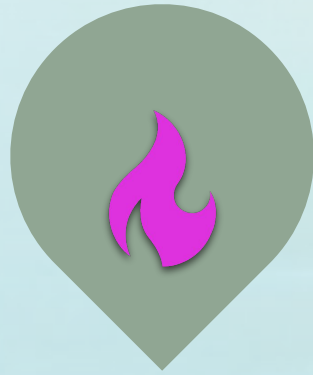


SENSORY



ATTENTION/ATTACHMEN
T

Escape



“I want to get away from something”.

Behavior occurs to get the living organism, or human, out of something. –Usually an aversive situation.

EXAMPLE:

Ashley runs out of the room when she is told it is time to do her homework.



Access to Tangible



“Want something”

- Behavior occurs to gain access to a tangible item



Example: Ashley steps on the shelf to reach the chips on the top shelf.

OR: Ashley screams in TJMaxx to get her mom to buy her another sweater.

Sensory

“I want/need to feel something”



Behavior occurs in the natural environment to the individual – something about the behavior serves a sensory stimulation

- Example: Ashley rocks back and forth, flapping her hands, during play, alone, and when asked to perform tasks.

Attention/Attachment

“I want to be noticed/I need a connection



Behavior occurs
when seeking
attention or to
maintain attention



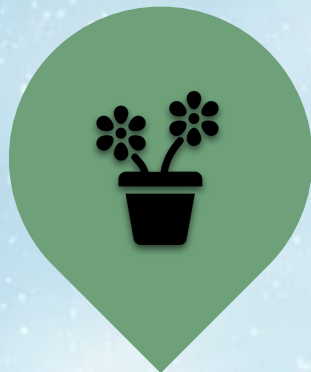
Example: Ashley
calls her
Grandma.

OR: Ashley hits
her sister because
it brings mom into
the room.

Functions of Behavior



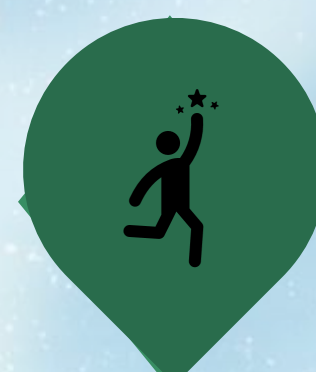
ESCAPE



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ATTENTION/ATTACHMENT

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Break Down A Scenario

Mom and Ashley are in Walmart buying groceries, towels, and dog food. They pass the cereal aisle and Ashley asks mom for some fruity pebbles. Mom says no, we don't need anymore sugar in the house. Ashley begins to beg; mom continues to say no. Ashley begins to scream and cry. Now, people are looking at them, probably making faces. Mom can really feel the judgment now. Mom says, "stop it now or you won't get dessert later!", but Ashley does not stop. Mom is tired, mom puts the cereal in the cart just to make Ashley stop. "fine we're getting it, but you can't have any when we get home!" Ashley stops crying.



Scenario #2



It is time for Ashley to do her homework. Dad tells her to pull out her homework and start before supper. Ashley begins to cry. Dad tells her to stop crying and do her homework. Ashley continues to cry. Dad thinks it's just for attention, so he leaves the room. Ashley continues to cry and does not complete the task.

How do we help?

- Regulate Ourselves
 - Identify
 - Practice
 - Engage
 - Model
- Deliberate Prompting
 - Saying exactly what needs to be done to gain what is needed
- Teach Replacement Behavior
 - Maladaptive behavior have functions, too
- Provide Controlled Choices
 - When applicable
- Give Reminders When Needed
 - You're doing a great job, too

Reinforcement Is Key

- Increase in the future frequency of behavior
- Effective
 - Varied
 - Immediate
 - Consistent
 - Contingent





The best intervention is a regulated adult

It will be okay.

It will take time.



Thank you!

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Contact for resources.

Have a beautiful day!

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