

## USING CONTINGENCY MANAGEMENT TO CHANGE A BEHAVIOR YOU WANT TO CHANGE

### TO BE MOST SUCCESSFUL FOR THE LONG RUN, USE METHODS 5 - 8

	Method 1	Method 2	Method 3	Method 4	Method 5	Method 6	Method 7	Method 8
	<b>You're Done!</b>	<b>"Now I've Got You!"</b>	<b>EEEE!! Set Me Free!!</b>	<b>Dinosaur/ Ignore Shut the Door!</b>	<b>Give It a Try!</b>	<b>Pick Up Sticks!</b>	<b>Good Heavens!</b>	<b>Open the Gate!</b>
	<b>Elimination</b>	<b>Punishment</b>	<b>Negative Reinforcement (to increase a wanted behavior)</b>	<b>Extinction</b>	<b>Train &amp; Shape an Adaptive (Incompatible) Behavior</b>	<b>Put Unwanted Behavior on Cue</b>	<b>Reinforce Everything BUT the Unwanted Behavior</b>	<b>Attend to the Purpose of the Behavior</b>
<b>Approach</b>	Seclusion, Remove from home, Isolate, Fire, Quit, Divorce, End the Relationship, Give away the dog, Keep the dog outside of the house, etc.	Punishment is any event that stops a behavior. Punishment is when a behavior results in the loss of something desirable or increases discomfort. Spank, Scold, Dock Pay, Give Fines, Take Something Away, Incarcerate, Threaten, Taser shock, Police Ticket	Provide an Aversive Stimulus or something people want to avoid or stop, e.g.; Stop Everything, Frown, Warning Glance, Scream, Electric Shock, Ignore, and Inflict Discomfort until the behavior changes. Then stop the stimulus. A change in behavior must make the stimulus go away in order for it to increase a wanted behavior.	Provide no response, (positive or negative) until the unwanted behavior ceases for lack of reinforcement, like a burnt out candle. Ignore, show no signs of acknowledgement.	Engage, orient, and get a commitment to learn an adaptive and incompatible behavior. Practice, generalize and reinforce the new behavior and connect it to the same stimulus that triggered the unwanted behavior. <b>Reinforce, Practice, Reinforce, Practice!</b> "What DBT Skills could you use in this situation?" "Shape it until they make it."	Choose a time to do the unwanted behavior at your command (cue), reinforce doing the behavior only when asked and then stop asking for it. Ex: Problem Behavior: Person complains about the food at every meal. Response: Set a designated time and place to voice dislike of food weekly at 7p following dinner on Fridays for 10 min-then stop asking.	Catch them in the act of doing things well. Reinforce every effective behavior that you observe. Give out tickets for every positive behavior observed and hold an auction.  <b>For a behavior you want to see increase, Reinforce it at least 4 times more than you correct a behavior you want to see less.</b>	Get clear on person's purpose. What problem is the person trying to solve or what goal is the person trying to achieve by the use of a particular behavior? To Get Something? Avoid Something? Link to client's goals – Sometimes we need to help client move from efforts to meet a short-term goal to meeting a more important long term goal.
<b>Advantage</b>	This always works. By removing the person, animal or yourself from the situation, the unwanted behavior is gone. Sometimes necessary.	Prompt punishment may suppress or stop an ongoing behavior as long as the Punisher (or gates/walls) remains present. Also, the Punisher often feels better or at least justified. Can prevent harm in moment.	Can be effective if used consistently, every time-without fail. Works really well to keep cows in their fields (electric fences).	Best applies to verbal behavior. Whining, quarreling, teasing. By ignoring the behavior, you can extinguish many disagreeable displays because they have no result, positive or negative.	Provides client with the skills to control their own consequences. Teaches how to fish instead of just feeding fish. Works well to counteract emotional states. Opposite Action, Half-Smile, etc.	When a behavior is brought under stimulus control-that is when the subject learns to offer the behavior in response to some kind of cue-the behavior tends to extinguish in the absence of the cue.	Smoother, easier, more positive work environment so you can have some energy left for your family when you get home. Energizes the residents and staff.	Provides the most natural behavioral shapers of all. "ABC Please" skills, self-management, self-validation, and self-problem solving.
<b>Disadvantages</b>	No new behavior is learned. Using this method could cause you to have to "go away" also.	No new adaptive behaviors or skills are learned or modified to use in a similar situation. Subject may resort to hiding; become sneakier, develop fear, anger, and resentment. Could escalate to Method #1 for both of you. Often negatively impacts relationship with the Punisher.	When it works, it reinforces the one providing the aversive so that nagging, prodding, etc. escalates. If not done consistently, the subject's unwanted behavior becomes reinforced intermittently.	If you or someone else slips and provides a reaction-positive or negative-you intermittently reinforced the subject's unwanted behavior. I.e.; Whining child in the store with mom who tries to ignore and finally gives in.	Sometimes takes more time, effort, and patience.	Too much fun.	It takes energy to stay aware and notice wanted behaviors.	Requires close work with client and use of Behavior Chain Analysis (BCAs) to collaborate as to what is really reinforcing the behavior rather than just what the trainer and/or the subject think the reinforcers are.

Adapted from "Don't Shoot the Dog", K Pryor

**Wait till you see a desired behavior and then Reinforce at least 4 times more than you correct in order to get a desired behavior to occur more often.**