

## Summary

The one-day virtual workshop will include a full day presentation: **Behavior Change: the Good, the Bad, and the Ugly**

### *Session Description:*

We are all looking for behavior change. Whether you want your child to tell you when he has to go to the bathroom, your student to complete his work more quickly, or your husband to do the dishes – we are always trying to generate some little changes in other people. Using reinforcement & preventative interventions, we can replace negative behaviors with positive, prosocial, & functional responses.

This workshop will offer practical solutions to foster increases in positive behaviors and decreases in problem behaviors. This session will begin by exploring how to apply these strategies to everyday situations in an applicable and proactive way. This approach will focus on the changing outcomes of behaviors by looking at the entire context. However, we all know – there are those times when things do not go as planned. Learn how to tackle those high-stress situations where no option seems like the right one and all bets are off. This workshop highlights ready to use interventions and real-life scenarios. The concepts can be applied to a wide range of environments

### *Audience Objectives:*

- The learner will understand how and when to implement reinforcement to foster increases in positive, prosocial, and functional behaviors.
- The learner will identify causes and functions of problem behavior and explore options for altering the environmental context to reduce these responses.
- The learner will develop strategies for coping during situations of extreme behaviors.

# The Autism Helper.