



Guided Notes

Week 1: Introduction to ABA and RBT

This training program is based on the RBT 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 (ABA)

- ▶ Behavior Analysis is the scientific study of principles of learning and behavior. Two primary areas of study include the _____
_____.
- ▶ The _____ analysis of behavior is the scientific foundation of applied behavior analysis (ABA).
- ▶ ABA is a systematic approach for influencing _____
_____ through the identification of reliably related environmental variables, and the production of behavior change techniques that make use of those findings. (BACB, 2018)

Seven Dimensions

1. _____: behavior change that lasts beyond intervention (durable over time)
2. _____: behavior interventions have large enough effects to be socially important
3. _____: procedures are described in a way that others can replicate and implement with the same results
4. _____: socially significant behaviors are selected
5. _____: relate interventions to the concepts and principles in the literature and behavior analysis
6. _____: decisions are data based
7. _____: observable and measurable behaviors are targeted

ABA Brief Timeline

- ▶ 1897 - _____ published the findings of his salivation study, which became classical conditioning
- ▶ 1905 - Thorndike published the Law of Effect. The Law of Effect theorized that _____ will increase the chance that the behavior will occur again. On the other hand, _____ will decrease the chance that the behavior will occur again.
- ▶ 1920- John B. Watson conducted the _____ experiment. He used Classical Conditioning to elicit a fear response - to show that emotional reactions are _____. Watson paired a white lab rat (conditioned stimulus) with a loud noise (unconditioned stimulus) which conditioned Little Albert to fear the white rat - even without the noise present. Finally, to see if the fear transferred, Watson presented Little Albert with other white and fluffy objects - rabbit, dog, fur coat. He cried at the sight of each of them ~ later known as _____
- ▶ 1938- Skinner published The Behavior of Organisms which introduced _____ and discussed the _____ B.F. Skinner's work lead to Experimental Analysis of _____ and Behavior Analysis. Radical Behaviorism is B.F. Skinner's philosophical view of behaviorism. B.F. Skinner eventually became known as the _____ and the Founder of _____

ABA Brief Timeline Continued...

- ▶ 1957 - Skinner published _____. In his book, Skinner categorized language into verbal operants: mand, tact, intraverbal, echoic, autoclitic, and the audience.
- ▶ 1958 - The Journal of _____ was created.
- ▶ 1959 - _____ & Teodoro Allyon published: The psychiatric nurse as a behavioral engineer in the Journal of Experimental Analysis of Behavior. The study applied procedures used in laboratories and proved that the science could be used to build _____ skills in people in structured environments.
- ▶ 1966 - Bijou, et al. published: _____ as an Approach to the Teaching of Reading, Writing and Arithmetic to Retarded Children. They created an individualized motivational system for each of 27 students, using token reinforcement, encouragement and approval. The researchers continually re-evaluated student performance and revised teaching materials and schedules of reinforcement accordingly. It promoted cooperation, effective study and independence.
- ▶ 1968 - The Journal of Applied Behavior Analysis was created. Baer, Wolf, and Risley defined the _____ dimensions of ABA for practitioners in their article: *Some current dimensions of applied behavior analysis*.
- ▶ 1987 - _____ published Behavioral Treatment and Normal Educational and Intellectual Functioning in Young Autistic Children. He developed _____ (DTT) and pioneered the early intensive behavioral intervention (EIBI) model: ____ - ____ hours per week of 1:1 instructions. This is known as the "Lovaas" method. And is what most people think of when they hear "_____ therapy".

The Registered Behavior Technician (RBT)

- ▶ An RBT is a paraprofessional who practices under the close, ongoing supervision of a Board Certified Behavior Analyst (BCBA), Board Certified Assistant Behavior Analyst (BCaBA), or Florida Certified Behavior Analyst (FL-CBA).
- The _____ is primarily responsible for the direct implementation of behavior-analytic services.
- The _____ does not design intervention or assessment plans. It is the responsibility of the RBT supervisor to determine which tasks an RBT may perform as a function of his or her training, experience, and competence.
- The _____ supervising the RBT is responsible for the work performed by the RBT on the cases they are overseeing. (BACB, 2017) <https://bacb.com/rbt/>

Steps to Becoming an RBT

1. Complete a _____ training course
 - ▶ This is course will complete this step
2. Pass a Registered Behavior Technician™ (RBT®) _____ Assessment
 - ▶ This course does not satisfy this step
 - ▶ You are responsible for completing this step on your own
 - ▶ Through our Employer Partner Program, you will have exclusive access to local agencies that can help with this step
 - ▶ You cannot complete this step until you have successfully completed step 1
3. Take the RBT _____ Certification Exam
 - ▶ You cannot begin this step until you have successfully completed steps 1 and 2



40 Hour Training Course

- ▶ This course will satisfy the first step in becoming an RBT, completing the 40 hour training course.
- ▶ In this course, we will cover _____

- ▶ This course is offered independent of the BACB - Behavior Analyst Certification Board.
- ▶ You will receive _____ upon successful completion of this course.
- ▶ To successfully complete this training course, you must pass with at least a _____ and have spent a minimum of _____ hours on course work.



Registered Behavior Technician™ (RBT®) Competency Assessment

- ▶ The competency assessment is an assessment where you are observed completing a series of tasks either _____.
- ▶ If you do not successfully complete a task, you will be given feedback and an opportunity to try again until you _____.

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RBT Board Certification Exam

- ▶ Before you take your exam, you must create an account with the BACB and complete an application.
- ▶ Requirements for the application:
 - ▶ _____
 - ▶ _____
 - ▶ _____
 - ▶ Transcripts also accepted
 - ▶ _____
- ▶ There is a \$50 application fee

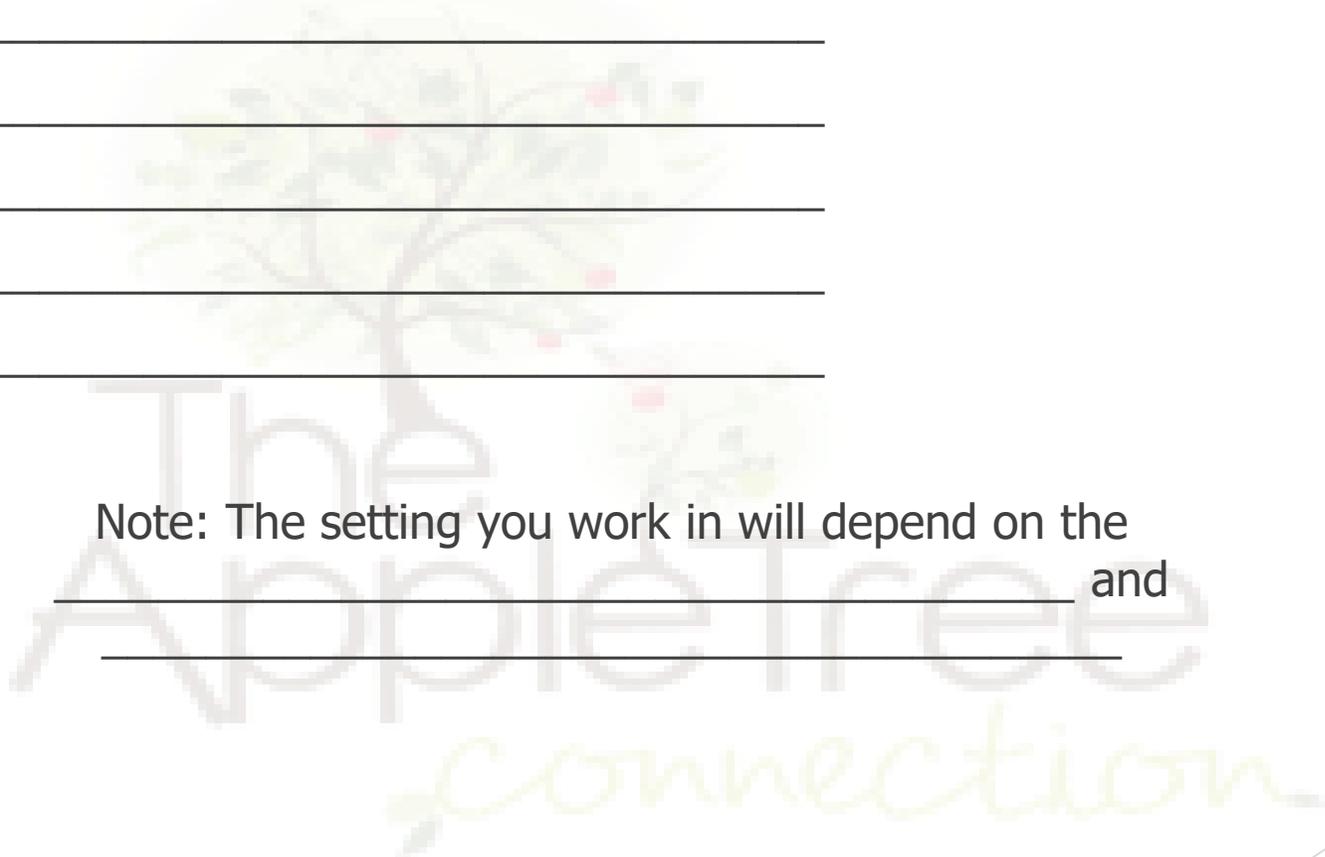


RBTs Work in a Variety of Settings

These are a few example of locations you may work in as an RBT:

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

Note: The setting you work in will depend on the _____ and _____



RBTs Work with a Variety of Clients

As an RBT, you could work with:

1. _____
2. _____
3. _____

NOTE: Consider what _____ you would like to work with, and seek out agencies that serve them. Our Employer Partner Program provides options

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Autism Spectrum Disorder

- ▶ **Definition** - a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.” (Source: Autism Speaks)
- ▶ **Core Symptoms** (*Note: Symptoms can vary greatly in severity and combination*)
 - ▶ **Social Challenges**
 - ▶ Lack of Interest in others
 - ▶ Lack of Eye Contact
 - ▶ Inappropriate or Unusual Body Language and facial expressions
 - ▶ **Communication Difficulties**
 - ▶ Non-Verbal/ Delay in Learning how to speak
 - ▶ Difficulty communicating what they want/need
 - ▶ Trouble starting conversation
 - ▶ **Repetitive Behaviors**
 - ▶ Hand Flapping
 - ▶ Rocking

Behavior (bx) Programs are Designed to:

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____



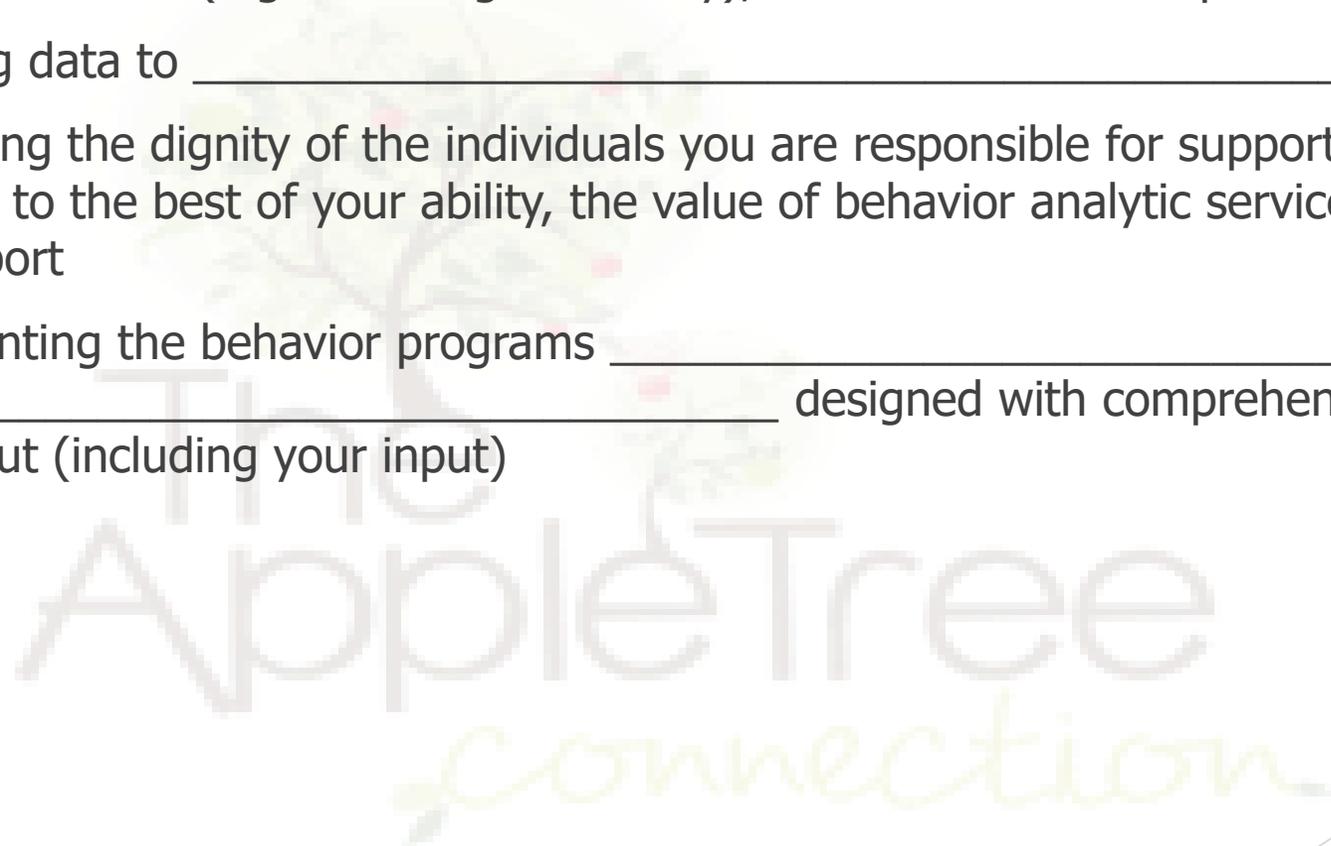
Who are Stakeholders?

- ▶ An individual or professional who has a vested interest in the development of a particular individual.
- ▶ **Examples**
 - ▶ Family
 - ▶ Speech therapists (SLPs)
 - ▶ Occupational therapist (OTs)
 - ▶ Teachers
 - ▶ Coaches
 - ▶ Doctors
 - ▶ Employers
 - ▶ Coworkers
 - ▶ Friends



The RBT's Role in Therapy

- ▶ Working on _____ that the individual, and wraparound team (e.g. including the family), determined to be important.
- ▶ Collecting data to _____
- ▶ Maintaining the dignity of the individuals you are responsible for supporting and showing, to the best of your ability, the value of behavior analytic services, and support
- ▶ Implementing the behavior programs _____
_____ designed with comprehensive team input (including your input)



Ethical Consideration

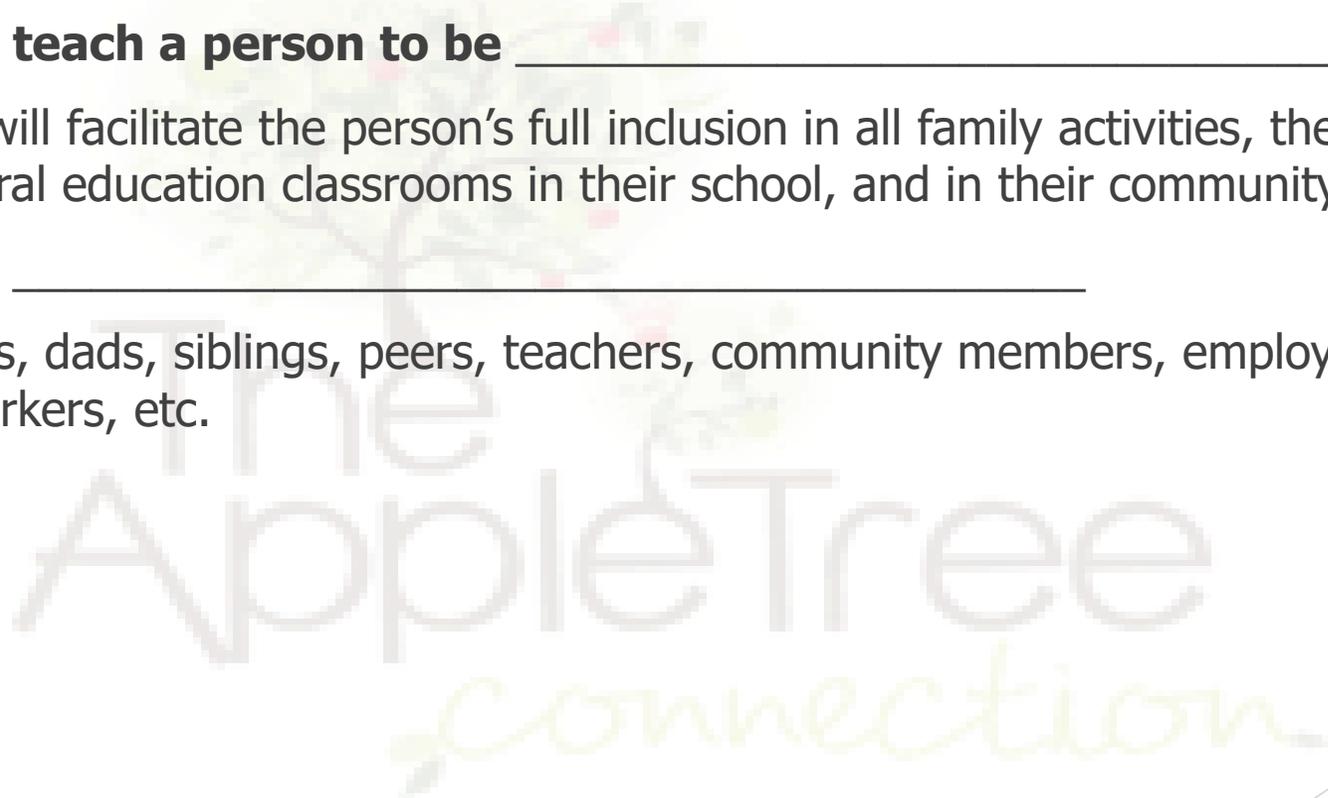
Clients come in _____.

- ▶ Cultural Awareness
- ▶ Ethnicity
- ▶ Religion
- ▶ Personal Preferences



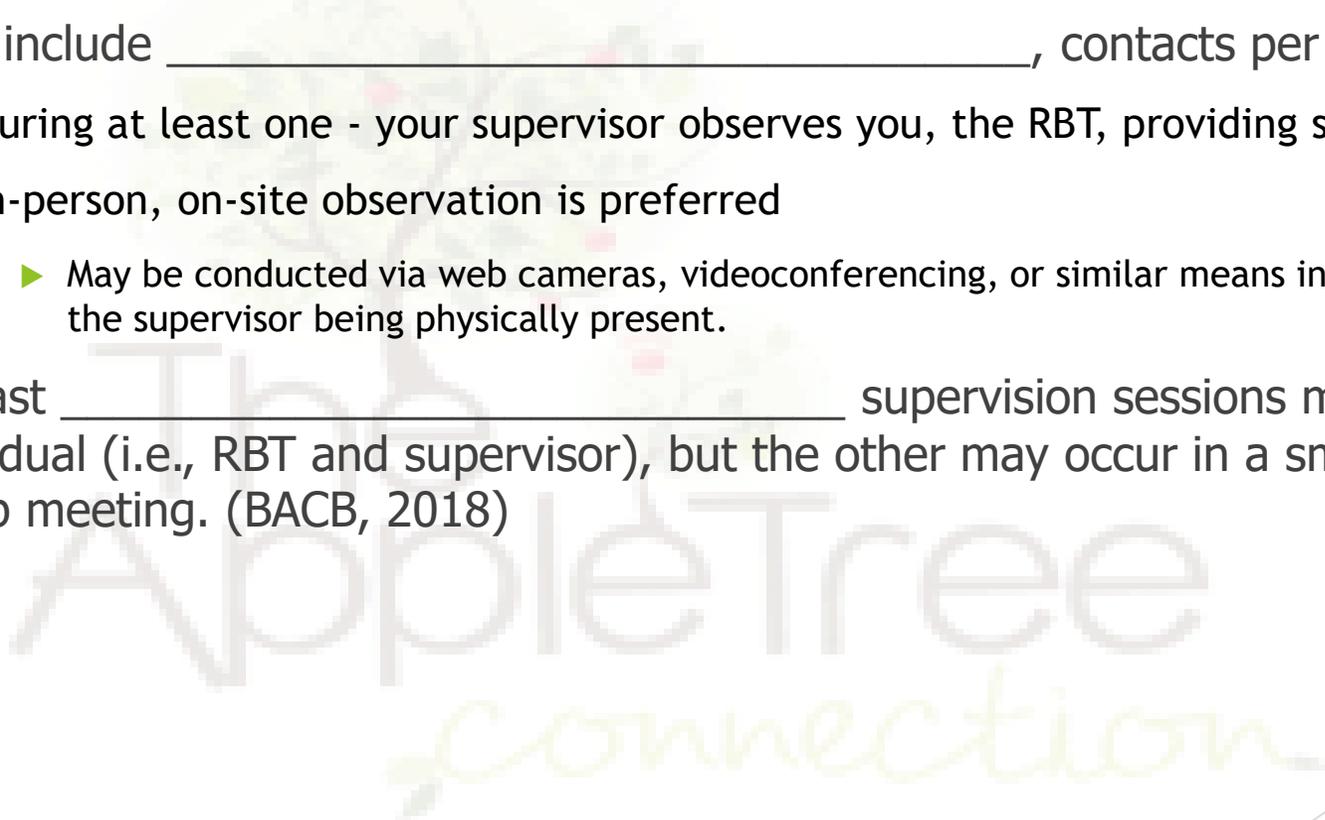
The RBT's Impact

- ▶ **You will teach** _____, **such as:**
 - ▶ Communication, social skills, gross/fine motor, and behavioral control
- ▶ **You will teach a person to be** _____
 - ▶ You will facilitate the person's full inclusion in all family activities, the general education classrooms in their school, and in their community
- ▶ **You will** _____
 - ▶ Moms, dads, siblings, peers, teachers, community members, employers, coworkers, etc.



What to Expect from your Supervisor

- ▶ Ongoing supervision for a minimum of _____ of the hours spent providing applied behavior-analytic services per month.
 - ▶ Must include _____, contacts per month.
 - ▶ During at least one - your supervisor observes you, the RBT, providing services
 - ▶ In-person, on-site observation is preferred
 - ▶ May be conducted via web cameras, videoconferencing, or similar means in lieu of the supervisor being physically present.
 - ▶ At least _____ supervision sessions must be individual (i.e., RBT and supervisor), but the other may occur in a small-group meeting. (BACB, 2018)



Supervisor Designations

- _____ - individual who serves in the capacity of either organizational compliance officer or direct supervisor of one or more Registered Behavior Technicians.
Responsibilities include:
 - Must be a BCBA or BCBA-D
 - Makes sure that RBT supervision requirements are being met throughout an entire organization or company
 - Can provide direct supervision to RBTs
 - Name appears in the RBTs registry
- _____
 - Must be a BCaBA, BCBA, or BCBA-D
 - Or also may licensed in another behavioral health profession
 - Must work under the oversight of a Requirements Coordinator
 - Provides direct supervision to RBT and is responsible for the actions of the RBT
 - Name appears in the RBT registry

NOTE: The _____ may not be related to, superior to, or the employer of the RBT Requirements Coordinator or supervisor providing training, assessing competency, providing supervision, or serving as the RBT Requirements Coordinator. (BACB, 2018)

Typical Scenario for Starting a New Client

1. _____ conducts an observation of the client, assessing current abilities and communicating with stakeholders to establish therapy goals.
2. _____ creates behavioral plan (BIP) for client.
3. _____ pairs with client. Pairing period = creating a relationship through play and introducing reinforcement.
4. After you have paired with the client then you will introduce _____

5. Run sessions with your client, sometimes multiple times per week, to _____.
6. You will meet with _____ to review task mastery and program improvements

In-home and In-center Session Progress Notes

- Session notes record the _____ and _____.
- Completed at _____.
- Record data for _____.
- Indicate _____/ _____
- Proof of hours of therapy completed
- Every company has a different format for their session/progress notes.
- NOTE: Some companies use this as an RBT's _____

Professional Tiers ~ Education Level

- ▶ Registered Behavior Technician (RBT) - minimum 18 years old with High School diploma or equivalent
- ▶ _____ (BCaBA) -
minimum bachelors degree in any field
- ▶ _____ (BCBA) -
minimum Masters degree in Applied Behavior Analysis, Psychology or Education
- ▶ Board Certified Behavior Analyst - Doctorate (_____) - minimum Doctorate degree in Applied Behavior Analysis, Psychology or Education

NOTE: none of the tiers are a pre-requisite for the other, you can start at any level and move to any level as long as you meet the _____

Go to www.bacb.com to review the detailed requirements for each tier

