All Behavior Is Communication

All Communication Affects Behavior
Who Decides When A Behavior Is Challenging?

Hint ... Not the people being supported, especially children!
Communication

Intentional Control
Communication

Intentional Control

Practical Solutions for Improving Self-Regulation, Self-Awareness and Social Understanding

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FOREWORD BY A.D. “BUD” CRAIG, PhD
Meltdown Behaviors

Inferences
Interactions

Person & Environment
The Square Hole

https://www.youtube.com/watch?v=cUbIkNUFs-4
Meltdowns Do Not Occur Without Warning

- Biting Lips Or Nails
- Lowered Voice
- Tense Muscles
- Tapping Foot
- Grimacing
- Appearing Disengaged

- Complaints Of Not Feeling Well
- Withdrawing Socially
- Threatening Others
- Questioning Rules Of Authority
- Becoming Argumentative Or Verbally Challenging
- Physical Aggression
• Biting Lips Or Nails
• Lowered Voice
• Tense Muscles
• Tapping Foot
• Grimacing
• Appearing Disengaged

• Complaints Of Not Feeling Well
• Withdrawing Socially
• Threatening Others
• Questioning Rules Of Authority
• Becoming Argumentative Or Verbally Challenging
• Physical Aggression
Changing Challenging Behaviors Is Possible

- Kindness
- Understanding
- Compassion
- Patience
- Learned Skills
Commonly Identified Challenging Behaviors

- Being Disinhibited
- Acting Impulsively
- Emotional
- Explosive
- Destroying Property
- Self-injurious

- Screaming
- Biting
- Hitting
- Kicking
- Experiencing Inernalized Behavior
- Desk Throwing
- Elopement

Source: Myles & Aspy
Teachable moments are at the end of this curve, this is the only time a new skill can be learned.

Source: Myles & Southwick 1999
Support Person Behaviors That Can Escalate A Crisis

- Raised Voice Or Yelling
- Making Assumptions
- Preaching
- Backing The Student Into A Corner
- Saying “I’m The Boss Here”
- Pleading Or Bribing

- Insisting On Having The Last Word
- Bringing Up Unrelated Events
- Using Tense Body Language
- Generalizing
- Being Sarcastic
- Attacking The Individual’s Character
- Making Unsubstantiated Accusations
- Nagging

Source: Myles & Aspy
Support Person Behaviors That Can Escalate A Crisis

- Holding A Grudge
- Acting Superior
- Throwing A Temper Tantrum
- Using Unwarranted Physical Force
- Mimicking The Disabled Individual
- Drawing Unrelated Persons Into Conflict

- Making Comparisons With The Behavior Of Other People
- Insisting On Being Right
- Having A Double Standard Commanding, Demanding, Dominating
- Rewarding The Individual For Unacceptable Behavior
- Using Degrading, Insulting, Humiliating, Embarrassing Putdowns

Source: Myles & Aspy
Effective Support Person Behaviors

• Control “Flight-Or-Fight” Tendency
• Remember That “Less Is More”
• Remain Calm And Quiet
• Remain Neutral

• Do Not Take Behaviors Personally
• Disengage Emotionally
• Be Conscious Of Your Nonverbal Cues
• Take Deep Breaths
• “Walk Don’t Talk”

Source: Myles & Aspy
These Kids I Taught

https://www.youtube.com/watch?v=WnoqhjRdjw8
Emotional Regulation Plan

My Emotional Regulation Plan

Behavior concerns: These are behaviors I sometimes show, especially when I am stressed
- Losing my temper
- Fighting/hurting people
- Withdrawing
- Running away
- Injuring myself
- Feeling suicidal
- Sweating
- Damaging property
- Throwing things
- Leaving the classroom
- Other:

Triggers: When these things happen, I am more likely to feel unsafe and upset
- Not being listened to
- Feeling pressured
- Being touched
- Feeling left out
- Being stared at
- Not having a say
- Being stared at
- Being stared at
- Contact with
- Not understanding work
- Arguments
- Particular time of day
- Other:

Warning signs: These are things other people may notice me doing if I begin to lose control
- Sewing
- Sniffing/gluing
- Pacing
- Breathing heavy
- Hygiene issues
- Squatting
- Deep breathing
- Damaging things
- Other:

Possible ways to regulate my feelings: These are things that might help me calm down and keep myself safe when I am feeling upset
- Time to myself
- Walking in private
- Run, fast walk, jumping jacks
- Humor
- Being around other people
- Holding an ice cube
- Speaking to a therapist
- Being in nature
- Rocking or swinging
- Other:

Things that make it worse for me: These are things that do NOT help me calm down or stay safe
- Being alone
- Being teased
- Having staff support
- Being around people
- Being disrespected
- Being talked to
- Being alone
- Losing voice of
- Being touched
- Not being listened to
- Being ignored
- Being reminded of the rules

Name: ____________________
Date: ____________________
Reviewed by: ____________________

Source: WI DPI
All Behavior Is Communication, But We Don’t All Speak The Same Language
All Behavior Is Communication, But We Don’t All Speak The Same Language
Where To Begin?

Listen ... To What Is Being Communicated
Where To Begin?

Observe ... How It Is Being Communicated
Where To Begin?

Ask Why ... Are They Communicating?
• Pop Psychology Would Have Us Believe Everyone Needs To Be Able To Trust Someone To Reveal Their True Selves, “Warts And All”

• In This Case, Pop Psychology Is Right!
How Do We Build Trust?

Building trust is difficult ...
Building Trust

- Acknowledge Communication Attempts
- Respond Appropriately To Communication Attempts
- Practice Shared Control
- Acknowledge Emotions
- Be Clear
- Celebrate Successes
How Do We Build Trust?

Acknowledge Communication Attempts
How Do We Build Trust?

Respond Appropriately To Communication Attempts
Examples Of Inappropriate Behaviors
The single biggest problem in communication is the illusion that it has taken place.

George Bernard Shaw
How Do We Build Trust?

Share Control
How Do We Build Trust?

Acknowledge Emotions
How Do We Build Trust?

Be Clear
How Do We Build Trust?

Celebrate Successes
The Importance Of Co-Regulation
How We Present Is More Important Than What We Say
"YOUR GOALS or MY GOALS"

When I asked for your goals for the coming year, I had something different in mind.

Not "work as little as possible while avoiding the wrath of the pointy-haired troll."

Don’t call them my goals if you mean your goals.
PROGRESS IS IMPOSSIBLE WITHOUT CHANGE, AND THOSE WHO CANNOT CHANGE THEIR MINDS CANNOT CHANGE ANYTHING.

– George Bernard Shaw
• Do you need to make any changes in your assumptions about challenging behaviors? If so, what are they?

• Give an example of a situation where kindness and compassion helped you implement a behavioral intervention plan and discuss.