



Therapeutic Behavior Management

Positive Behavioral Interventions for Educators of Challenging Youth

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PROGRAM INFORMATION

THE PROBLEM

America's public school system is experiencing a significant crisis of confidence. Teachers, administrators, parents, and even students complain about distracting, disruptive, even destructive behaviors which interfere with classroom learning. Overwhelmed by testing requirements and educational mandates, their hands tied by ineffective disciplinary procedures, many teachers have little time or patience for uncooperative students.

Many schools, especially in poverty-stricken areas, have evolved negative school climates. As a result, students are distracted from learning, and achievement suffers. School violence increases, dropout rates grow, and those who can afford to do so flee to private or charter schools. Desperate to curb this downward slide, many administrators rely on harsh discipline and punitive crisis management approaches.

The Positive Behavioral Interventions and Support (PBIS, aka PBS) approach for schools has grown out of the work of Drs. George Sugai and Robert Horner at the University of Oregon. PBIS offers a systems approach to creating positive learning and teaching environments, establishing school-wide discipline practices, and setting clear and positive expectations of productive school behavior. (For more information about Positive Behavioral Interventions and Support, visit www.PBIS.org.)

But often, educators working in schools using PBIS still struggle with daily behavior management issues, especially from students with behavioral and emotional issues. The effort to educate children with disabilities in inclusive settings has taxed the limits of many classroom teachers, who need better tools for reaching and teaching these challenging youth.

THE SOLUTION

Therapeutic Behavior Management (TBM) is a school-based training program which applies many PBIS concepts to the world of emotionally and behaviorally disordered students. TBM offers educators specific skills needed to better manage problems which threaten a positive learning environment.

The Therapeutic Behavior Management program deliberately includes skills, concepts and insights which support the implementation of a PBIS model. TBM can be delivered as a 1-day Basic training (Preventing Problems) or a 2-day Advanced training (Preventing and Managing Problems). The Basic TBM training teaches staff to better understand the nature of misbehavior, and to recognize the role staff may play in escalating problems. The Advanced TBM training builds on this to develop a continuum of specific positive intervention skills, such as listening, problem solving, and applying reasonable consequences. TBM also offers optional training in safe physical escorts and holds, for schools dealing with

students whose dangerous behavior necessitates physical removal.

THE DETAILS

Therapeutic Behavior Management is a comprehensive training program whose contents include:

Day 1: Preventing Problems (5-6 hours)

- a. Framework for professional decision making in crisis
- b. Understanding & preventing deliberate (functional) behavior
- c. Understanding & preventing emotional (irrational) behavior
- d. Stages of escalation within youth and staff

Day 2: Managing Problems (5-6 hours)

- a. Skills for managing emotional problems (giving space, active listening, and emotional problem solving)
- b. Skills for managing deliberate problems (surface management techniques, use of logical consequences)
- c. Written test of verbal skills

Optional: Physical Intervention (2-3 hours)

- a. Justifications for physical intervention
- b. Standing holds
- c. Escort techniques
- d. Practical test of physical skills

Due to concerns about the dangers of positional asphyxia, the TBM program does NOT offer training in prone restraints, but only standing holds and escorts. These safe and effective techniques are based upon those developed for the TACT-2 program, in use in group homes, residential programs and alternative schools across the nation. (Please visit www.TACT2.com for more information.)

BASIC TBM TRAINING & TRAINING OF TRAINERS

Staff certification in Basic or Advanced TBM requires full attendance, workbook completion, a written test of knowledge and professional judgment. For those taking the optional physical training, a practical test of physical skills is required as well. An annual 3-hour refresher is recommended for all staff, and required for those using physical techniques.

TBM Trainer certification requires completion of a 2.5-day Training of Trainers, led by the author, Dr. Steve Parese. (Those taking the optional physical intervention training must attend an additional 1.5 days.) In addition to the requirements above, prospective TBM trainers must co-teach demonstration lessons, and attend an biannual 1-day recertification, during which their skills are reassessed. (Physical intervention trainers must attend annually.) Trainers leave with the skills and materials to begin training right away, including a trainer's manual with reproducible supplements, PowerPoint CD, and a starter set of 10 workbooks. Implementation of the TBM program may require additional workbooks (\$5 - \$7 ea.) for initial training, though reproducible booklets for staff refreshers are provided.

More information about Therapeutic Behavior Management may be found on the TBM page at www.TACT2.com, or by contacting Dr. Steve Parese directly at SBParese@aol.com or (336) 593-3533.