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TBM/DD Program Outline

“Therapeutic Behavior Management for People with Developmental Disabilities” (TBM/DD) is a 10-hour course designed to help staff better understand and manage behavioral and emotional issues common to adults and older youth with developmental disabilities. TBM/DD also offers an optional physical component which teaches self-protections, holds, escorts and restraints. The verbal and physical programs are based on “Therapeutic Aggression Control Techniques” (TACT2), in use in group homes, alternative schools, residential treatment centers across the nation.

Part 1: Decision-Making in Crisis (1.0 hour)

CONTENT	PURPOSE
“What Would YOU Do?”	Introductory activity, group survey of situational responses
Challenging Behaviors	Brainstorming common behavior issues and triggering situations
TBM Model	Framework for sound decision making in crisis
Deliberate vs Emotional	Cues to distinguish two sources of behavior problems

Part 2: Dealing with Deliberate Misbehavior (2.0 hours)

CONTENT	PURPOSE
Needs-Fulfilling Misbehavior	Positive alternatives for problematic but functional behaviors
Clear Expectations	Prevention through clearly stated expectations
Skill 1: Prompt	Using various prompts to get behavior back on track
Understanding Consequences	Differences between natural, logical and punitive consequences
Skill 2: Warning	How to warn of reasonable consequences without power struggles

Part 3: Understanding Emotional Problems (2.5 hours)

CONTENT	PURPOSE
Conflict Cycle	Dynamics of conflict in stressful situations
Impact of stress	Impact of overwhelming stress on individuals’ choices
Mary’s Conflict	Analyze Mary’s story using elements of Conflict Cycle
Trauma and Disabilities	Incidence and impact of abuse on emotions and behavior
Escalation Model	Predictable phases of emotional crisis, internalizers vs externalizers
Stephen’s Crisis	Analyze Stephen’s story, identifying each phase of crisis
Strategies in Crisis	Goal and helpful strategies in each phase of crisis

Part 4: Staying Professional (0.75 hours)

CONTENT	PURPOSE
Adult Anger Traps	Examine five common reasons adults get angry, apply to self
Thomas' Conflict	Analyze Thomas' side of the story, focus on identifying anger traps
Things to Remember	Insights about our individuals and ourselves to reduce power struggles

Part 5: De-Escalating Emotional Issues (1.75 hours)

CONTENT	PURPOSE
Skill 1: Giving Space	When and how to back off during highly emotional situations
Skill 2: Active Listening	How to attend, decode, and reflect during emotional situations
Skill 3: Problem Solving	How to guide problem solving during calmer situations
Test Review	Preparing for and administering multiple choice test for certification

Part 6: Physical Interventions (4-8 hours) REQUIRES TACT2 TRAINING

CONTENT	PURPOSE
Volatile Situations	Non-physical strategies in volatile, potentially dangerous situations
Physical Intervention Skills	How to protect self from assault (grab, choke, hair pull, bite releases) How to safely hold person (bear hug, cradle, double arm bar) How to safely restrain person (seated restraint with assistance)

"Therapeutic Behavior Management for People with Developmental Disabilities" (TBM/DD) was written and is owned by Steve Parese, Ed.D. The program was developed with significant contributions by William Arrants, Seth Fager, and Drew Johnson, Integrated Life Services, Inc., Lincoln, NE. It is intended to be delivered ONLY by certified trainers. TBM/DD consists of a trainer's manual, workbook, and PowerPoint CD, no portion of which may be copied for any purpose without the express written permission of the author. TBM/DD is based on the "Therapeutic Aggression Control Techniques v.2" program, in use since 1997 in group homes, alternative schools, residential treatment centers, etc. around the nation.

For more information regarding training in this program, contact:

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