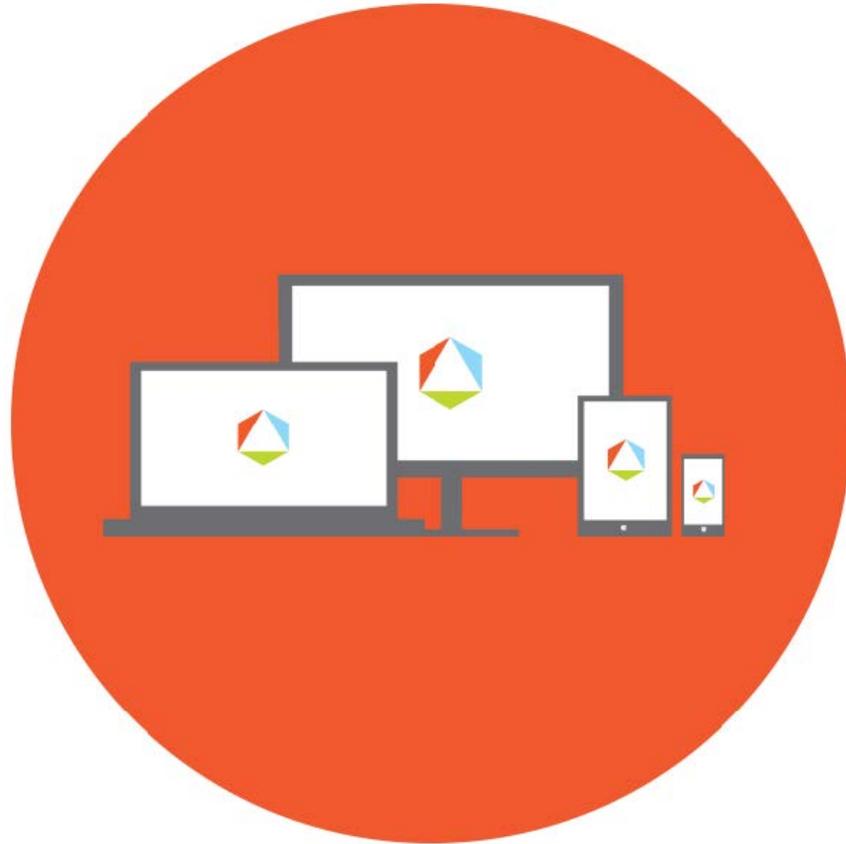




FIRSTPATH
AUTISM



Data Sheet

59. Desensitization and coping skills

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Desensitization and coping skills

Reminders:

- **MT** = Mass Trials (one target until 3 independent, correct responses in a row)
- **RR** = Random Rotation (target presented randomly, with other targets in RR phase)
- **Intro MT**: The date the target was introduced to the child
- **Mastery RR**: Is the date the child completed 3 consecutive random rotation trials at with 80-100% independence.
- **Materials Set 2 & 3** = NEW set of materials/cards, different than original set
- **Discrete trial teaching**: This technical term means the breaking a task down into smaller, more teachable components, and teaching each component separately.
 A cue is given → the child responds → a reward is given for a correct response
 (SD) → (R) → (Sr)
 The cue or prompt, referred to as a discriminative stimulus (SD), is a specific environmental event or condition in response (R) to which a child is expected to exhibit a particular behavior and (SR) is the stimulus reinforcement.
- **SD 2 & 3** = NEW instruction that means the same thing, but using different words (examples: "Show me", "Where's the", "Give me", "Touch")

Student: _____	
LESSON: DESENSITIZATION / COPING SKILLS	
Teaching format(s):	Prompting System: less intrusive to most intrusive following the Prompt Hierarchy
Developmental Norm:	<p>Material(s): **Pre-planning is critical in this lesson, to ensure that the child's exposure to the non-preferred stimulus is <i>limited and controlled</i>. In addition, a contingency plan for anticipated maladaptive behavior should be in place.</p> <p>--A controlled version of the non-preferred stimulus for which you are targeting desensitization.</p> <p>--A timer.</p> <p>--If needed, a visual reminder of the behavior expected, or of the reinforcer to be earned after appropriately tolerating the non-preferred stimulus.</p> <p>--In some situations, a second teacher/adult will be extremely helpful in cuing the non-preferred stimulus, while the first teacher assists the child in appropriate behavior.</p> <p>--Other materials specific to the targeted situation, if needed.</p>
<p>Example Trial: SD: "We will hear a little bit of the vacuum. We are going to quietly hug your bear until it stops." (cues vacuum, turns on for 3 seconds, then turns off) Response: child -Hugs bear quietly, without screaming</p>	Reinforcer(s): Child preferences and/or what the child has chosen to earn.

Target	Intro MT	Mastery RR	Mastery Materials Set 2	Mastery Materials Set 3	Mastery SD 2	Mastery SD3
Specific to child (example below)						
1. Pre-recorded sound of a vacuum is played quietly (on CD player/phone) for 5 seconds						
2. Pre-recorded sound of a vacuum is played quietly (on CD player/phone) for 15 sec.						
3. Pre-recorded sound of a vacuum is played quietly (on CD player/phone) for 30 sec.						
4. Pre-recorded sound of a vacuum is played quietly (on CD player/phone) for 1 minute.						
5. Vacuum is turned on in another room for 10 seconds						
6. Vacuum is turned on in another room for 30 seconds						
7. Vacuum is turned on in another room for 1 minute						
8. Vacuum is turned on in the same room for 10 seconds						
9. Vacuum is turned on in the same room for 30 seconds						
10. Vacuum is turned on in the same room for 1 minute (**if appropriate, the child can be taught to <u>calmly exit</u> to another room while the vacuum is running)						
11. Operating the vacuum himself for 30 seconds						
12. Operating the vacuum himself for 1 minute						
13. Generalization to Grandma's house						
14. Generalization to a friend's home						
15.						
16.						
17.						
18.						
19.						
20.						

Maintenance: When all targets are mastered, reduce frequency of the presentation of the program to child systematically, ensuring that the child maintains skills by maintaining mastery scores of 80-100% before decreasing frequency further. (e.g. 5 times per week to 4 times per week for a month, to 3 times per week for a month to 2 times per week for a month, to once a week for a month, to generalized settings.)