

Basic Principles

Clinically Relevant Behavior (CRB):

- CRB1: In-session instances of daily-life problems
- CRB2: In-session instances of daily-life improvements

Mechanism of Change:

- Therapist contingent responding to decrease CRB1s and increase CRB2s

Rules:

- Rule 1: Watch for CRBs
- Rule 2: Evoke CRBs
- Rule 3: Naturally Reinforce CRB2s
- Rule 4: Notice Your Effect on Your Client

Effective Responding to CRB1s

- Extinguish:
 - Note silently and ignore
 - Reply, but don't provide the client with the consequence that seems to be maintaining the behavior.
- Punish
 - Comment on the ineffectiveness of the response, let client know their response will not get them what they want
 - Comment on the negative function of the client's behavior on the therapist
 - Tell the client that they are wrong (Take lightly, could be ineffective)
- Block (especially when CRB = avoidance)
- Prompt and reinforce alternate behavior
 - Evoke CRB2

Effective Responding to CRB2s

- Relate positive impact of client behavior
- Give him/her what he/she is asking for in the moment
- Respond in positive, natural manner
- Continue to pursue topic, let client know that it is important
- Tell client how this behavior is more effective ("It makes it easy for me to help you/give you what you want.")
- Tell client it will get them what they want
- Careful about being arbitrary with reinforcement.