



Busy Analytical Bee

NEWSLETTER NOVEMBER

Welcome to the November edition. In this edition we reivew the literature for Mindfulness. This is a popular practise for promoting mental health. There is also a fruit salad NET activity and the celebration of Montrose Wolf's career. There are also a great selection of events and products. Have a great month!

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USING MINDFULNESS WITHIN ABA

We have all experienced moments or periods of extreme worry. Modern day pressures can include a whole host of stressor, including finances, health, work, family, relationships and finding a balance between family, social, work and leisure activities can cause many people to become overwhelmed. This can also impact how you are able to cope with these stressors, and your ability to enjoy daily activities. This can happen if we spend more time paying attention to these thoughts and allow them to affect our behaviour and feelings. Negative or unpleasant thoughts can have a detrimental impact on your mental health, which may mean you develop depression or anxiety disorders if they become severe. Practicing Mindfulness can improve mental health as it encourages people to be present in the moment. NHS states that "Mindfulness can help us enjoy life more and understand ourselves better."

Behaviour Analysis prides itself on focusing on observable, measurable and objective behaviours. This makes the discussion of and interventions considering private events (thoughts, feelings, etc.) difficult and controversial. Tourinho (2006) states that "Private events is a verbal response emitted by behavior analysts under the control of very different putative phenomena such as happiness, thinking, anxiety, imagination, pains, and so on." The discussion of private events is outside of the

scope of this article, although mindfulness and it's application within applied settings will be the main focus.

Within the field of Applied Behaviour Analysis, many of us work with children and adults with Developmental Disorders. This population is associated with high levels of challenging behaviours (self-stimulatory behaviours, crying, aggression, etc.). Challenging behaviours can increase parents levels of stress which can lead to negative outcomes of behavioural interventions. Following mindfulness training and practise of four parents, reductions in challenging behaviours of their child was observed (Singh et al, 2007). Also in addition the researchers found that parents reported higher rates of satisfaction in their parenting skills. There were also reduction in parental stress and in negative interactions and increases in positive interactions. This has important social significance as supporting parents to feel empowered and relieving stress is a priority for Behaviour Analysts. Mindfulness could support our practice and its efficacy.

Harper et al (2013) conducted a literature review of studies that focused on participants with Intellectual Disorders which used mindfulness practises. These studies aimed to reduce challenging behaviours and also some studies focused on weight loss and reducing smoking. Eighteen studies were included in the review and all the studies had positive results and many maintained the positive outcomes at follow-up. This supports that mindfulness can be a effective intervention

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for this population to help improve health and social and academic skills.

There is also a place for mindfulness within mainstream education. This is socially significant because increasing children's attendance to materials should in turn increase learning opportunities. Kasson et al Wilson (2017) selected six children from a class of twenty-one third grade (year 4). The class engaged in a variety of activities including, structured breathing, present moment awareness and mindful eating. In addition the teacher was given skills training. The results showed that five of the six was observed to be on task more frequently following the mindfulness practise.

Mindfulness practises can be a great supplement for many behaviour analytical interventions. There is scientific evidence to support that mindfulness can impact observable behaviours which are measurable (being on task, frequency of smoking, weight loss, etc.).

Harper, S. K., Webb, T. L., & Rayner, K. (2013). The Effectiveness of Mindfulness-Based Interventions for supporting people with Intellectual Disabilities: A Narrative Review, *Behavior Modification*, **37**(3), 431-453.

Kasson, E. M. & Wilson, A. N. (2017) Preliminary Evidence on the efficacy of mindfulness combined with traditional classroom management strategies, *Behavior Analysis in Practice*, **10**, 242-251.

NHS, (2016, 01, 06). Moodzone: Mindfulness, retrieved from <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, J., Curtis, W. J., Wahler, R. G., McAleavey, K. M. (2007). Mindful parenting decreases aggression and increases social behavior in children with developmental disabilities, *Behavior Modification*, **31**(6), 749-771.

Tourinho, E. Z. (2006). Private Stimuli, Covert responses, and private events: Conceptual remarks, *The Behavior Analyst*, **29**(1), 13-31.



Taken from: <https://flic.kr/p/gRzfxy>

NATURAL ENVIRONMENT TEACHING (NET) IDEA

Cooking is a great NET activity. So why not make a fruit salad with your learner! There will be opportunities for requests (mand) different fruits, actions (cut, open, etc.) resources (mand 1M-5M). You can talk about colours, shapes, foods and fruits and healthy vs unhealthy. You can receptively identify (give me the fruit that is yellow (LRFFC 10b)) or label (tact) the colours, "What colour is the banana?" (tact 10d). Conversational skill surrounding the fruit has many possibilities. "What fruit do you like?" (IV* 12g) "Where do you buy fruit?" (IV* 11b). Holding a conversation is an important skill (IV* 13h) Endless opportunities for language and learning and also the added benefit of hand eye co-ordination, motor skills and self-help skills.

Preceding skills reference to the VB-MAPP Assessment tool:

Sundberg, M. L. (2008) Verbal Behavior Milestones Assessment and Placement Program: The VB-MAPP. Concord, CA: AVB Press.

*IV: Intraverbal



From <https://flic.kr/p/HWagze>

TERMINOLOGY

Stimulus control: This is when an environmental event occurs and the behaviour is changed by an antecedent stimulus. This occurs when a behaviour is preceded by a stimulus and reinforcement increased the frequency of the behaviour occurring in the future. When this stimulus is present this can affect the latency, duration, frequency or intensity of the behaviour. An example of this is a red light at a traffic light. When the red light is present the behaviour of braking occurs.

STUDY TIPS

Being up to date with current research is extremely important. Reading research and applying your knowledge to comprehend the methodology and interpreting the results will help you further your understanding of experimental designs and terminology.

Click [here](#) for free access to the archive of Journal of Applied Behaviour Analysis.



<https://flic.kr/p/6gfnef>

EVENTS

Corrina Grindle is hosting an event at University of Warwick, Coventry, entitled 'Teaching Early Reading Skills to Children with Special Educational Needs using Headsprout Early Reading'. It will be hosted on the 8th November between 10am-4pm. It costs £75 to attend and is perfect for parents, teachers and practitioners. To book complete the [registration form](#) or email diana.smith@warwick.ac.uk

Daisy Chain Educational Services Ltd are holding a variety of training courses in Whiteley, Hampshire. The courses are entitled, Autism and coping with problem behaviour (1st December 2018), Autism Specific Teaching—Intensive Teaching and Natural Environment Teaching (13th April 2019) and Promoting communication for non-vocal students (3rd August 2019). The courses cost £150 each, per person. [Email Daisy Chain](#) directly to book your place, or telephone them on 07813932363.

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Vincent Carbone is coming over to the UK in March! The first workshop (6th and 7th March, 9am-5pm) is "Skinner's analysis of Verbal Behaviour in ABA treatment programs for learners with Autism" and the second workshop (8th March, 9am-5pm) is "The benefits of using the Essential For Living assessment ... ". The event will be held in Edinburgh and CEUs are available for BCBAs and BCaBA for full attendance, for more information about this event email info@carboneclinic.co.uk, or check out the Carbone Clinic [website](#).

There is an online course available from Contextual Consulting called 'Relational Frame Theory (RFT) Made easy, on the 27th November at 6pm-8pm. To find out more and register, go to the [website](#).

You can study in the comfort of you home with Florida Institute of Technology (FIT). They have a wide range of [courses](#) (costs vary) to help you develop you understanding of the principles of Behaviour Analysis. Continuing Education (CE) Units available on many courses.

PEOPLE WHO INSPIRE US

This month we are celebrating the life of Montrose Wolf who has made significant contributions to the field of Applied Behaviour Analysis and wider field of psychology. Montrose Wolf was born in Texas, in 1935. He studied psychology at University of Houston and received his Bachelor of Science degree in 1959. He was introduced to Behaviourism and the theories of B. F. Skinner by Jack Michael. Wolf followed Michael to Arizona State University, which is where he completed his Masters and PhD degrees. Wolf managed a clinic set up by Sidney Bijou, run out of University of Washington. Wolf went on to co-author many papers surrounding how effective adult attention (positive reinforcement) can be, which is still referenced to this day. In the 1960s Wolf developed the [Teaching-family model](#), which is an effective model for care homes for troubled youths. Montrose Wolf helped to set up the Journal of Applied Behaviour Analysis and in the first edition published an article with Donald Baer and Todd Risley called "Some dimensions of Applied Behaviour Analysis" which helped shaped the field. Following the research being published, Wolf was an early proponent of social validity in ABA applications and also developed the technique for time-out. Click [here](#) to see an article written by Todd Risley about Montrose Wolf.

PRODUCTS

Just in time for Christmas; check out the [wish list](#) filled with all the books any professional or parent could ever want. These are perfect for developing your knowledge and understanding of Behaviour Analysis. Let your friends and family know which ones you need! Or just treat yourself!

Next month we're looking at *Stimulus Fading*, so be sure to subscribe so you receive the next exciting edition.

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