INSIGHT AND CHANGE THROUGH BEHAVIORAL ANALYSIS

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BEHAVIORAL CHAIN ANALYSIS

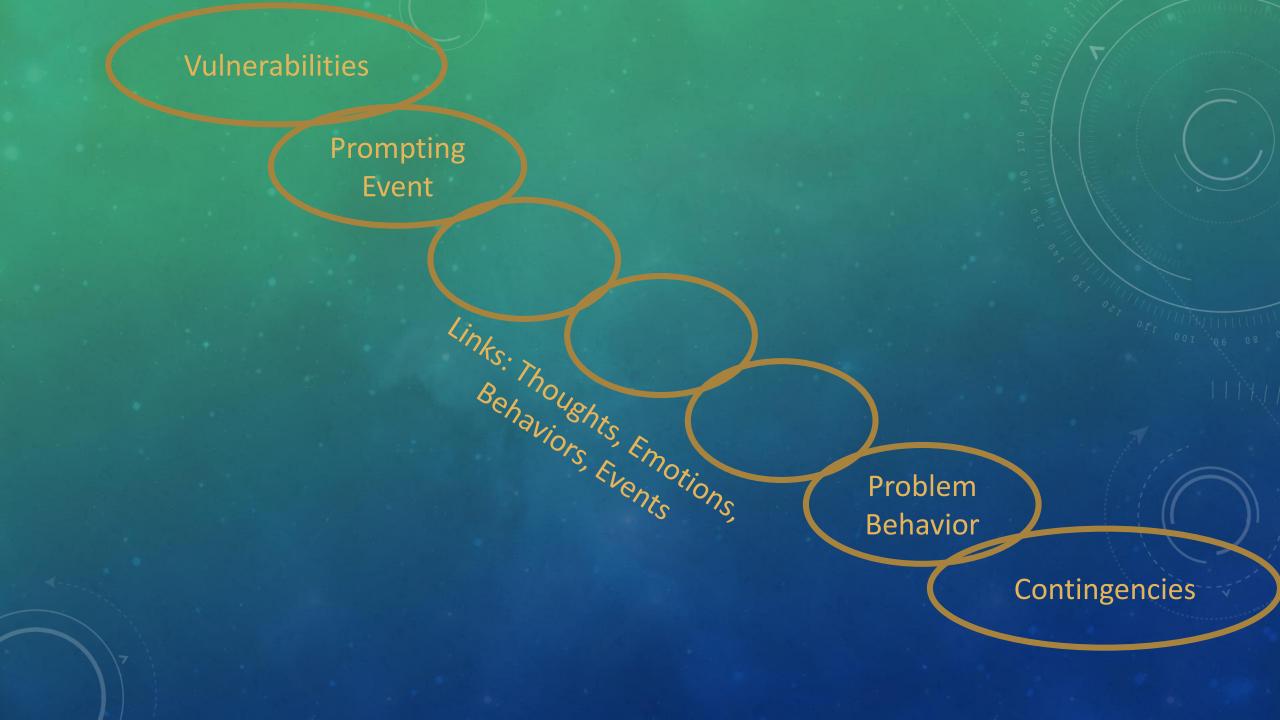
- AKA: Behavior analysis, chain analysis, or BCA
- Purpose: To understand all the factors that lead to a problem behavior and keep it in place. Understanding causes works better than judging.

Other Analyses:

- Solution Analysis: Identifying solutions to result in a different behavior
- Task Analysis: How will this particular person implement these particular skills given her particular circumstances
- Missing Links Analysis: Identifying what was missing when a behavior didn't happen

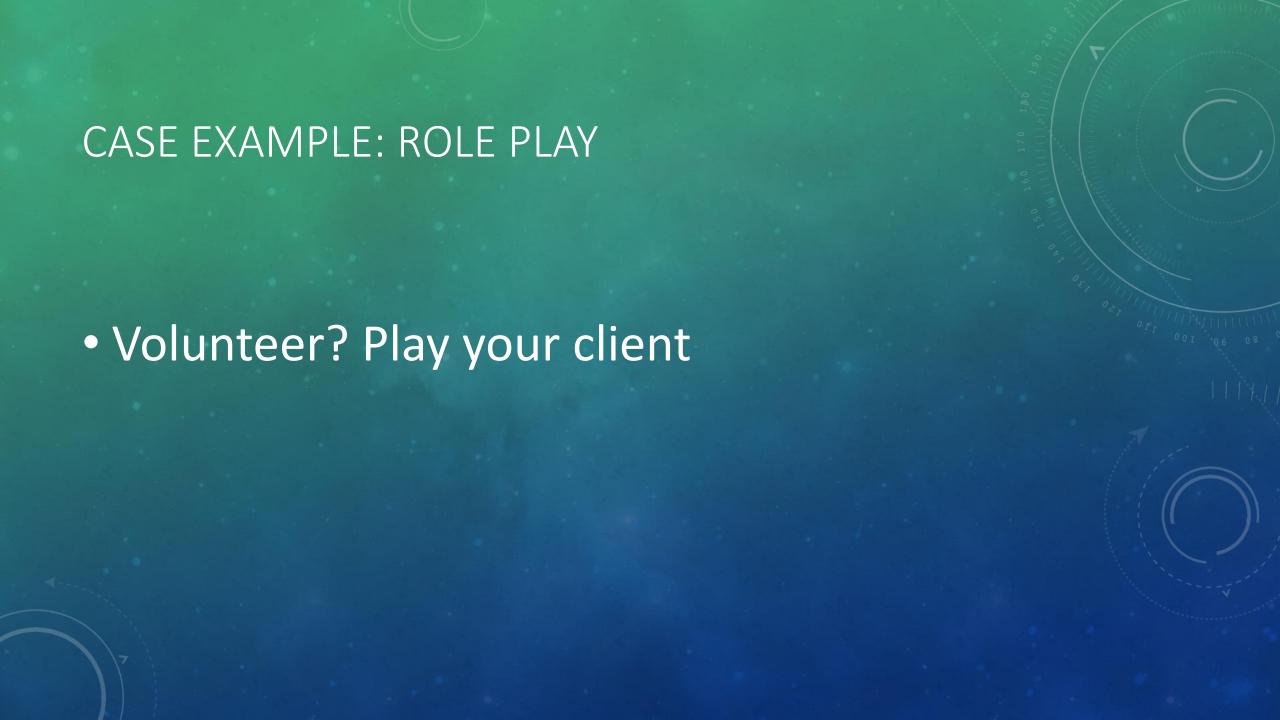
STRUCTURE OF A BCA

- Begin with Target Behavior (often a behavior tracked on a diary card)
- Then, go back and identify the Prompting Event
- Go a step further back and identify Vulnerabilities
- Complete the chain between the Prompting Event and the Target Behavior
 - Identify links: events, thoughts, feelings, and behaviors
- Identify Contingencies of the Problem Behavior
- For each step, focus on exquisite detail of each link in the chain.







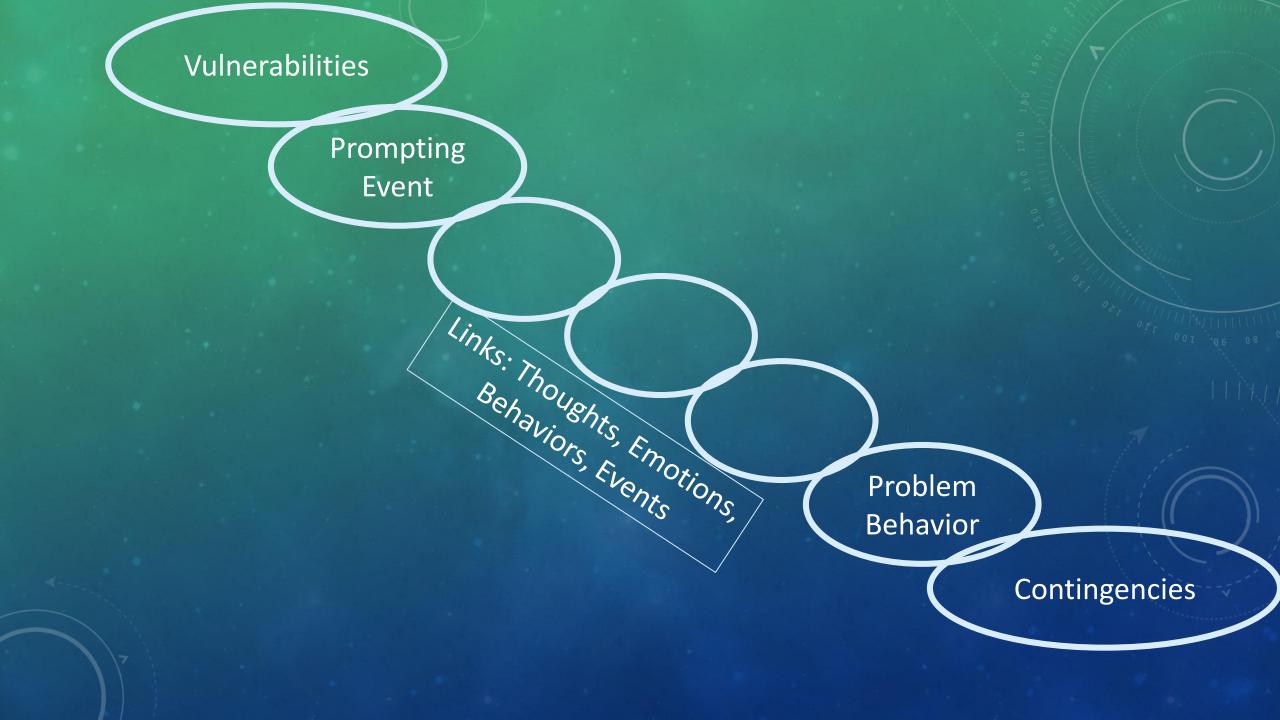


EXERCISE

- Pair up with someone you don't know.
- On your own, identify a client and a problem behavior that this client has exhibited. If you prefer, you can also use one of your own behaviors.
- To the best of your ability, conduct a chain analysis of that problem behavior. If you are not sure of all the links in the chain, make educated guesses. Mark your guesses with question marks.
- Identify each link in the chain as positive (moving away from the problematic behavior) or negative (moving toward the problematic behavior).

EXERCISE

- Select someone to go first. If you are going first, present your chain analysis to your partner. Partners, practice validation. Communicate what make sense and what you appreciate.
- Ask, "What am I missing?" Partners, offer feedback with kindness and respect.



FOUR FACTORS OF PROBLEM BEHAVIORS

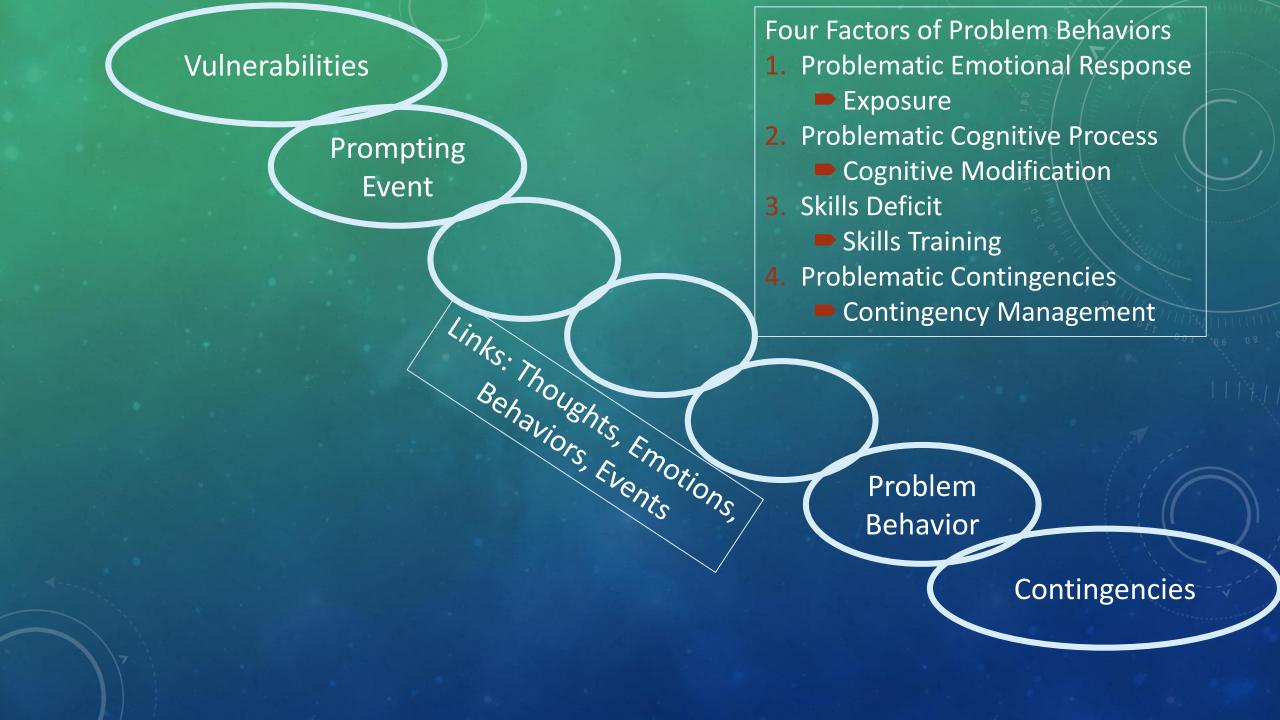
- 1. Problematic Emotional Response
- 2. Problematic Cognitive Process
- 3. Skills Deficit
- 4. Problematic Contingencies

FOUR CHANGE STRATEGIES FOR PROBLEM BEHAVIORS

- 1. Problematic Emotional Response
 - Exposure
- 2. Problematic Cognitive Process
 - Cognitive Modification
- 3. Skills Deficit
 - Skills Training
- 4. Problematic Contingencies
 - Contingency Management

EXERCISE

- Review your chain analysis. For all of the negative links in the chain, identify
 what kind of factor it is. Then, identify the corresponding change strategy for
 that factor.
- Identify three specific action steps that you want to take with this client.
 Consider these possible steps:
 - Clarifying one of the educated guesses you made with your client. Were you right? If not, what did you learn?
 - Implementing one of the change strategies you identified.
- Present these ideas to your partner. Partners, focus on validation and appreciation.
- Ask, "What am I missing?" Partners, offer feedback with kindness and respect.



MOVING FORWARD

- Identify prevention strategies to help avoid vulnerabilities in the future.
- Identify skillful behavior that will help to avoid the problem behavior.
- Identify repairs that will address any negative consequence of the problem behavior.

REPAIRS

- Identify the actual negative consequences of your behavior.
- Repair the harm or distress that you caused to others or to yourself. Repair failure with success, not with constant berating of yourself or constant apologies.
- Consider whether overcorrection would be effective.

MISSING LINKS ANALYSIS

- 1. Did you know to do the behavior?
- 2. Were you willing to do the behavior?
- 3. Did you remember to do the behavior at the right time?
- 4. Did something interfere with doing the behavior when you remembered?

MISSING LINKS ANALYSIS

- 1. Did you know to do the behavior?

 Clearer communication of task, paying more attention
- 2. Were you willing to do the behavior?

 VITALS skills for Motivation, Pros and Cons, practicing willingness
- 3. Did you remember to do the behavior at the right time?

 Calendar, alert on phone, physical cue (e.g., meditation bracelet)
- 4. Did something interfere with doing the behavior when you remembered? Problem-solve around cognitions, rewards, potential obstacles, etc.