

## **Unrestricted Interventions**

1. **Antecedent Modification**: social and/or environmental changes that lessen the likelihood of the occurrence of challenging behavior.
2. **Backward Chaining, Forward Chaining, Total Task Training**: using prompting and positive reinforcement to teach a sequence of behaviors.
3. **Behavioral Contracting**: a written agreement which a person supported agrees to engage in a specified level of a target behavior or behaviors and another party agrees to provide reinforcement when the criterion is met. The contract states that the reinforcement will be administered contingent upon the occurrence (or nonoccurrence) of the behavior. The failure to earn a reinforcer shall not involve the manipulation of any basic human rights.
4. **Behavioral Momentum**: a procedure to produce higher rates of cooperative behavior. The procedure involves the presentation of a rapid sequence of high-probability (high-*p*) instructions immediately preceding a low-probability (low-*p*) instruction with which the person has been noncompliant.
5. **Differential Reinforcement of an Alternative Behavior (DRA)**: reinforcement for adaptive behavior that is an alternative to one or more inappropriate behaviors.
6. **Differential Reinforcement of High Rate Behavior (DRH)**: reinforcement for exhibiting a behavior a specific number of times or more during a specified period of time.
7. **Differential Reinforcement of Incompatible Behavior (DRI)**: reinforcement for exhibiting adaptive behavior that is topographically incompatible to one or more inappropriate behaviors.
8. **Differential Reinforcement of Low Rate Behavior (DRL)**: reinforcement for exhibiting a behavior a specific number of times or less during a specified period of time.
9. **Differential Reinforcement of Other Behavior (DRO)**: reinforcement for not exhibiting inappropriate behaviors during a specified period of time.
10. **Environmental enhancement or modification**: an antecedent modification involving the adjustment in the environment to include access to high quality attention, preferred items, and activities.

11. Escape Extinction without Physical Prompting: no longer allowing a challenging behavior to result in the escape or avoidance of task. Physical prompting, such as graduated guidance, is not used to prevent escape or avoidance.
12. Fading prompts or cues: gradually changing antecedent stimuli so that a behavior occurring in the presence a contrived set of stimuli now occurs in the under more natural conditions.
13. Fading Reinforcement: gradually thinning reinforcement schedules to approximate a level of reinforcement that naturally occurs without a formal program.
14. Functional Communication Training: An intervention that provides for reinforcement adaptive communication as a replacement for problem behavior.
15. Modeling and imitation: teaching adaptive behavior through demonstration.
16. Neutralizing Routine: Providing opportunities to reduce the evocative or increase the abative effects of motivating operations through alterations in the daily life routine.
17. Noncontingent Reinforcement: presentation of a reinforcer independent of the occurrence of the target behavior on a fixed or variable interval schedule.
18. Prompting: using vocal, gestural, demonstration, or physical cues, including graduated guidance, to teach adaptive behaviors.
19. Response Blocking - blocking a movement of individual's limbs or body with a protective pad or with one's own limb, open hand, or body with minimal force so that the occurrence of inappropriate behavior is prevented.
20. Redirection: vocally, gesturally, or physically prompting or moving a person towards an activity, task, or area.
21. Role Playing: providing an individual with the opportunity to practice a behavior in a contrived interpersonal situation which is similar to the everyday circumstances under which the behavior occurs.

22. Self-Control/Monitoring/Instruction: Self-Control: Teaching an individual to control his/her own behavior through the systematic use of behavior technology. Self-Monitoring: Teaching the individual to observe, record, and evaluate his/her own behavior. Self-Instruction: Teaching the individual to use rehearsed statements or visual cues to guide actions in the presence of antecedents to problem behavior.
23. Shaping: reinforcing new approximations of an adaptive behavior, while placing previous approximations on extinction.
24. Simple Correction: Requiring the individual to restore the environment to its original state following the occurrence of destructive or disruptive behavior. Prompting, but no physical force, is used. Simple Correction shall not include restoration by way of monetary cost to the person served or any overcorrection.
25. Social Disapproval: telling an individual “no,” “don’t do that,” or similar forms of feedback following each instance of inappropriate behavior.
26. Social Extinction: elimination of social reinforcement (e.g., attention) as a consequence for behavior that has been found to be maintained by social consequences.
27. Time-Out From Positive Reinforcement: the withdrawal of the opportunity to earn positive reinforcement or the loss of access to positive reinforcers for a specified period of time while remaining in the setting.