List of Behavior Intervention Strategies

Positive Reinforcement Strategies	
Praise and Recognition	Acknowledge and commend desired behaviors to encourage repetition.
Rewards and Incentives	Offer tangible rewards or privileges for consistently demonstrating positive behaviors.
Increased Positive Attention	Provide more positive interactions and social engagement when desired behaviors are displayed.
Token Economy Systems	Implement a system where clients earn tokens for positive behaviors, which can later be exchanged for rewards.
Negative Reinforcement Strategies	
Extinction	Gradually remove any positive reinforcement that might be inadvertently maintaining undesired behaviors.
Time-Out	Briefly remove a client from a situation where they are exhibiting undesired behaviors to provide a consequence.
Response Cost	Take away a preferred activity or privilege contingent upon undesired behavior, but ensure it's not essential or unfair.
Antecedent-Based Strategies	
Environmental Cues	Modify the environment to reduce triggers for undesired behaviors.
Visual Schedules and Prompts	Utilize visual tools to provide clear expectations and routines, promoting desired behaviors.
Activity Schedules	Structure activities and transitions to minimize opportunities for undesired behaviors.

Skill-Based Strategies	
Modeling and Demonstration	Clearly demonstrate and explain desired behaviors for the client to observe and imitate.
Role-Playing	Practice desired behaviors in a safe and controlled environment through role-playing scenarios.
Direct Instruction	Provide clear and concise instructions on how to perform the desired behavior step-by-step.
Self-Management Strategies	
Self-Monitoring	Teach clients to track their own behaviors to increase awareness and identify patterns.
Self-Monitoring Self-Evaluation	

Planning and Implementing Behavior Intervention Strategies

Client Name:						
Gender:	Male	Female	Other:			
Age:			Date of Planning:			
1. Define the Problem Behavior						
Identify the undesired behavior:						
When and where does it usually occur?						
What triggers the behavior?						
2. Set Behavior	r Goals					
What is the desi	ired behavior?					
How can the be	havior be measure	d? (frequenc	cy, intensity, duration)?			
3. Select Interv	ention Strategy					
What strategies can be most effective for this behavior?						
Does it match th	ne individual's skills	s, developme	ental level, and learning styl	e?		
Yes	No					
4. Develop a Step-by-Step Plan						
Outline the practical steps for implementing the chosen strategy.						

Include a plan for gradual fading of supports as the individual acquires the desired behavior.				
5. Identify Required Resources				
What resources, tools, or materials are required for the strategy?				
Who will be involved - parents, teachers, or peers?				
6. Train People Involved				
Have the parents, teachers, and other stakeholders been trained to consistently apply the intervention strategy?				
Yes No				
7. Implement the Strategy				
Follow the step-by-step plan for a sufficient duration.				
Ensure consistency with the implementation.				
8. Monitor Progress				
Is the intervention strategy producing the desired outcomes?				
Yes No				
Collect data on behavior frequency, intensity, and duration.				
If proven not effective, what different approach should be considered?				