

Compassionate Care in ABA - Resources

The following table includes resources to assist practitioners in behaviour analysis to incorporate compassionate care. This collection of resources includes examples of topics such as conceptualizing compassionate care, teaching compassionate care skills, strengthening collaboration with non-behaviour analysts, and utilizing self-evaluation tools.

Articles			
Title	Author	Description/Learning Outcomes	Citation/Link
A practitioner's guide to emphasizing choice-making opportunities in behavioral services provided to individuals with intellectual and developmental disabilities	Adithyan Rajaraman, Jennifer L. Austin & Holly C. Gover	<ul style="list-style-type: none"> -Promoting choice is a defining value guiding Positive Behavior Support (PBS) models for serving individuals with intellectual and/or developmental disabilities (IDD). -The ability to make independent choices is of paramount importance to self-advocacy and self-determination. -Promoting choice is also an essential commitment of trauma-informed care (TIC) in the provision of services to vulnerable individuals, as trauma often involves experiences in which an individual has no control over aversive events that occur, and choice-making opportunities can empower traumatized individuals to regain control over the environments they routinely encounter. 	Rajaraman, A., Austin, J.,Gover, H. (2023). A practitioner's guide to emphasizing choice-making opportunities in behavioral services provided to individuals with intellectual and developmental disabilities, <i>International Journal of Developmental Disabilities</i> , 69:1, 101-110. https://doi.org/10.1080/20473869.2022.2117911

<p>Teaching Compassion Skills to Students of Behavior Analysis: A Preliminary Investigation</p>	<p>Roher & Weiss</p>	<p>-Training compassionate care skills to graduate students using behaviour skills training. Also discusses improved outcomes within other allied health professions when focusing on compassionate care.</p>	<p>Rohrer, J.L., Weiss, M.J. Teaching Compassion Skills to Students of Behavior Analysis: A Preliminary Investigation. <i>Behav Analysis Practice</i> 16, 763–782 (2023). https://doi.org/10.1007/s40617-022-00748-y</p> <p><u>Teaching Compassion Skills to Students of Behavior Analysis: A Preliminary Investigation SpringerLink</u></p>
<p>Soft Skills: The Case for Compassionate Approaches or How Behavior Analysis Keeps Finding Its Heart</p>	<p>Rohrer JL, Marshall KB, Suzio C, Weiss MJ</p>	<p>-Importance of developing ourselves as more effective collaborators -Improving our ability to disseminate our science, collaborate with non-behavior analysts, and ultimately grow our field -Navigating interpersonal situations in a way that puts forth compassion and humanity. -Benefits of empathic and collaborative approaches in fields related to behavior analysis -Checklist for compassionate interactions accompanied by possibilities for its use as a tool for self-evaluation, procedural fidelity, and comprehensive training in the area of collaboration with families.</p>	<p>Rohrer JL, Marshall KB, Suzio C, Weiss MJ. Soft Skills: The Case for Compassionate Approaches or How Behavior Analysis Keeps Finding Its Heart. <i>Behav Anal Pract.</i> 2021 Mar 22;14(4):1135-1143. doi: 10.1007/s40617-021-00563-x. PMID: 34868817; PMCID: PMC8586117.</p> <p><u>Soft Skills: The Case for Compassionate Approaches or How Behavior Analysis Keeps Finding Its Heart - PMC</u></p>
<p>Today's ABA</p>	<p>Dr Greg Hanley</p>	<p>Today's ABA (applied behavior analysis) is about continually learning about the predilections of the autistic person being served so that preferred learning</p>	<p><u>Today's ABA and Compassionate Care - FTF Behavioral Consulting</u></p>

		contexts can be developed en route to developing skills that can be appreciated by the autistic person as well as others.	
Revisiting Reinforcement: A Focus on Happy, Relaxed, and Engaged Students	Holly C. Gover, John E. Staubitz, and A. Pablo Juárez	Taking time to understand what makes students happy likely will foster trust and improve relationships between instructors and students.	TEACHING Exceptional Children, Vol. 55, No. 1, pp. 72–74. <u>Revisiting Reinforcement: A Focus on Happy, Relaxed, and Engaged Students (researchgate.net)</u>
The Importance of Assent and Assent Withdrawal in ABA	Ashleigh Evans	Quick article summarizing assent in ABA practices.	<u>The Importance of Assent and Assent Withdrawal in ABA - ThinkPsych</u>
<u>Compassion in Autism Services: A Preliminary Framework for Applied Behavior Analysis</u>	Rodriguez, Tarbox, Tarbox.	-Many have suggested that a compassion-focused approach to applied behavior analysis (ABA) services may improve provider–client therapeutic relationships and has the potential to improve program acceptability and clinical outcomes experienced by our clients. -Radical compassion is defined and explored as a foundational approach to the implementation of ABA, with special emphasis on practical applications in the area of service delivery for families living with autism. -In this framework for care, compassion is offered as a measurable repertoire and as a philosophical guidepost for future developments in the profession.	<u>Compassion in Autism Services: A Preliminary Framework for Applied Behavior Analysis (springer.com)</u>

<p><u>Scaling Compassion and Applications in ABA</u></p>	<p>Werntz, Zube, Hahs</p>	<p>-The terms “compassion” and “compassionate-care” have become major focuses of both the social and natural sciences. -A conceptualization of compassion, beyond that which is currently available, is warranted.</p>	<p>Werntz, E.J., Zube, M.L. & Hahs, A.D. Scaling Compassion and Applications in ABA. <i>Behav Analysis Practice</i> (2023). https://doi.org/10.1007/s40617-023-00832-x</p> <p><u>Scaling Compassion and Applications in ABA SpringerLink</u></p>
<p>A Multilevel Framework for Compassionate Care in ABA: Approaches to Cultivate a Nurturing System</p>	<p>Denegri, Cymbal, Catrone</p>	<p>-Incorporate more compassionate practices within all aspects of the field including, but not limited to, the therapeutic relationship between the service provider, service recipients, and other stakeholders. -Direct training approaches as well as acceptance and commitment therapy/training (ACT) and its various components have shown promising results for the incorporation of compassionate practices as it relates to the values of all involved in the therapeutic relationship (Tarbox et al., 2021). -Organizational framework on how to create and cultivate a nurturing system and supportive processes</p>	<p>Denegri, Samantha, Cymbal, Daniel, Catrone, Rocco (2023). A Multilevel Framework for Compassionate Care in ABA: Approaches to Cultivate a Nurturing System. <i>Behavior Analysis in Practice</i></p> <p><u>(PDF) A Multilevel Framework for Compassionate Care in ABA: Approaches to Cultivate a Nurturing System (researchgate.net)</u></p>
<p>Compassionate Care in Behavior Analytic Treatment: Can Outcomes be Enhanced by Attending to</p>	<p>Taylor BA, LeBlanc LA, Nosik MR.</p>	<p>-Balancing technical skills and relationship skills</p>	<p>Taylor BA, LeBlanc LA, Nosik MR. Compassionate Care in Behavior Analytic Treatment: Can Outcomes be Enhanced by Attending to Relationships with Caregivers? <i>Behav Anal Pract.</i> 2018 Sep 20;12(3):654-666.</p>

Relationships with Caregivers?			<u>Compassionate Care in Behavior Analytic Treatment: Can Outcomes be Enhanced by Attending to Relationships with Caregivers? - PMC (nih.gov)</u>
Behavioral Artistry: Examining the Relationship Between the Interpersonal Skills and Effective Practice Repertoires of Applied Behavior Analysis Practitioners.	Callahan K, Foxx RM, Swierczynski A, Aerts X, Mehta S, McComb ME, Nichols SM, Segal G, Donald A, Sharma R.	<p>-Interpersonal skills associated with the concept of behavioral artistry (BA), a repertoire of practitioner behaviors including care, attentiveness, and creativity, among others, associated with the effective delivery of applied behavior analysis (ABA) treatment.</p> <p>-Practitioners with higher BA scores were observed and rated more positively in their delivery of ABA for children with autism.</p> <p>-Implications for training/supervising effective ABA practitioners within a BA model are discussed.</p>	<p>Callahan K, Foxx RM, Swierczynski A, Aerts X, Mehta S, McComb ME, Nichols SM, Segal G, Donald A, Sharma R. Behavioral Artistry: Examining the Relationship Between the Interpersonal Skills and Effective Practice Repertoires of Applied Behavior Analysis Practitioners. <i>J Autism Dev Disord.</i> 2019 Sep;49(9):3557-3570.</p> <p><u>Behavioral Artistry: Examining the Relationship Between the Interpersonal Skills and Effective Practice Repertoires of Applied Behavior Analysis Practitioners - PMC (nih.gov)</u></p>
Kind Extinction: A Procedural Variation on Traditional Extinction	Courtney Tarbox, Jonathan Tarbox, Taira Lanagan Bermudez, Erin Silverman & Lauren Servellon	<p>-Evaluation of the effectiveness of a “kind extinction” procedural modification, in which we provided a functionally arbitrary reinforcer in the form of genuine positive regard and validation, contingent on interfering behavior, while implementing escape and tangible extinction.</p> <p>-The procedure produced large and rapid decreases in interfering behavior, accompanying increases in alternative</p>	<p>Tarbox, C., Tarbox, J., Bermudez, T.L. <i>et al.</i> Kind Extinction: A Procedural Variation on Traditional Extinction. <i>Behav Analysis Practice</i> (2023).</p> <p><u>Kind Extinction: A Procedural Variation on Traditional Extinction Behavior Analysis in Practice</u></p>

		<p>behavior, and was rated as acceptable by caregivers and staff.</p> <p>-Implications for increasing the social validity of behavioral procedures, as well as contributing to a more kind and compassionate future for the field of applied behavior analysis are discussed</p>	
Podcasts			
Title	Author	Description/Learning Outcomes	Citation/Link
Making ABA More Compassionate	Celia L. Heyman	<p>Who benefits from learning Compassionate Care?</p> <p>How using Compassionate Care helps children with special needs meet their goals</p>	<u>Making ABA More Compassionate with Celia Heyman - Dr. Mary Barbera</u>
Trauma-Informed Care, Assent, and Compassion - A Call for Nuance in ABA	Dr Paul Gavoni	<p>From a behavior analytic perspective, trauma can be seen as an aversive event or series of events that have led to maladaptive behavior patterns or reactions to certain stimuli. When we understand that an individual's behaviors might be a response to trauma, we can respond more effectively. But how can we better understand trauma? And what constitutes effective responses from a behavior analytic lens?</p>	<u>Thoughts & Rants of a Behavior Scientist: Trauma Informed Care: Some Things You Should Know on Apple Podcasts</u>
Compassionate Care	Dr Mary Jane Weiss and Dr Jessica Rohrer	-While compassionate action is the goal of every BCBA, wishing it and doing it remain two separate things.	<u>Episode 214 - Compassionate Care w/ Dr. Mary Jane Weiss + Dr. Jessica Rohrer — ABA Inside Track</u>

		-Discussion about the Compassionate Collaboration Tool (CCT), a means for self-reflection and assessment of those skills that best lend themselves to compassionate action in our work. -Review of the research on why compassion is important and what's next for the CCT.	
Online Video			
Title	Author	Description/Learning Outcomes	Citation/Link
'No such thing as a bad boy"	Ted Talk - Pat Friman	Igniting compassion for problem behaviour	<u>"No such thing as a bad boy" Ignite compassion for problematic behavior Dr. Pat Friman TEDxOmaha</u>
The Behavioural View	Shannon Hill, Rick Kubina, and Kerri Milyko with special guest Jonathan Tarbox, PhD, BCBA-D	Discussion about compassionate-focused ABA.	<u>The Behavioral View: Compassionate Care with Jonathan Tarbox, PhD, BCBA-D</u>
Online Course			
Title	Author	Description/Learning Outcomes	Citation/Link
<u>The Compassionate BCBA: Understanding the Impact of Empathy</u>	Alyse Handelsman	-Employing a trauma informed care approach -Integrating compassion and empathy into their work -Building rapport with learners and caregivers	<u>Course - The Compassionate BCBA: Understanding the Impact of Empathy (behaviorlive.com)</u>

		<ul style="list-style-type: none"> -Conduct risk-benefit analysis in order to remove possible harmful interventions from our practice -Embrace alternative evidence-based approaches 	
Client Assent	Ryan Devine	<ul style="list-style-type: none"> -Assent is the verbal or nonverbal communication of a client that indicates that they want to participate in treatment even when they could not otherwise legally consent. -Assent is pivotal in compassionate behavior analysis. -This presentation will define assent, and provide strategies for incorporating assent based interventions into skill acquisition and behavior reduction as well as address some common concerns. 	<u>Course - Client Assent (behaviorlive.com)</u>
Tools			
Title	Author	Description/Learning Outcomes	Citation/Link
Octave Assent Based Treatment Checklist	Liz Lefebvre, Amy Evans	-Checklist to see how your current practice aligns with assent-based treatment.	<u>Precision Innovation Octave (octavetraining.com)</u>