Index

AAC see Augmentative and alternative communication (AAC)
Acceptance and commitment therapy (ACT), 242
ACT see Acceptance and commitment therapy (ACT)
Active support, 14, 50
Adaptive behavior, 69, 136
see also Early intervention; Early intensive behavioral intervention
ADHD see Attention deficit hyperactivity disorder (ADHD)
Adipsia, 210–211
Aerophagia, 134
Aggression, 93, 103–23
definition, 104–5, 108
etiology, 106–7
impact, 107–8
prevalence, 105–6
see also Anger management; Challenging behavior
AIT. see Auditory integration training (AIT)
Algorithm see Treatment algorithm
Ammonia spirits, 114
Angelman syndrome, 220, 223
Anger management, 53, 81, 109
and aggression 116–18
and offenders, 283–4
see also Cognitive behavior therapy
Antecedent interventions
and aggression, 110–111, 121
see also Antecedent exercise
Antecedent exercise
and aggression, 114–15, 120
and stereotypic movement disorder, 176, 177, 185, 186
Anxiety disorder, 23, 235–55
acceptance and commitment therapy, 239, 242
assessment, 237
behavioral package, 240, 249–51, 252
behavioral-pharmacological package, 249–51, 252
cognitive behavior therapy, 236–7, 251–2, 253
coping skills, 236
definition, 235–6
desensitization, 253
epidemiology, 236
exposure, 238, 240, 243, 253
fears, 238–48
heterosexual dating skills training, 242
hug machine, 246
massage, 247
modeling, 239, 240
obsessive compulsive disorder, 53, 248–53
phobias, 238–48
post traumatic stress disorder, 23, 253–4
relaxation, 236–40
sensory-adapted dental environment, 247
see also Fears; Obsessive compulsive disorder; Phobias
Apnea, 220
Aromatherapy and aggression, 109, 120
Art therapy, and stereotypic movement disorder, 183
Asperger syndrome, 245–6, 263
Assertiveness, 53
Assistive technology and stereotypic movement disorder, 178, 186
Attention deficit hyperactivity disorder (ADHD), 29
Auditory integration training (AIT), 180, 186
and self-injurious behavior, 146–7
Augmentative and alternative communication (AAC), 45–6, 77–8
Autism, 3–5, 7, 9, 17–19, 22–4, 29, 30, 53
and aggression, 105
and anxiety, 239–41, 245–7, 249
and auditory integration training, 180, 181, 186
and challenging behavior, 66–9, 72, 77, 105, 106, 108
and chelation, 181–2
and compliance, 76
and costs, 85–94
and early intervention, 35–40
and ECT, 150
and essential fatty acids, 180
and feeding problems, 205, 210–212
and gluten casein-free diet, 179
and hug machine, 246
and hyperbaric oxygen, 182
and language, 44–7
and self-injury, 135, 140, 147, 148, 150
and mega-vitamin, 180
and medical marijuana, 182
and mood disorder, 274
and offenders, 282
and self-management, 50, 52
and sleep problems, 219, 220, 225
and social skills, 42–4
and social stories, 54, 184
and stereotypy, 167, 170, 175–9
and video modeling, 47–50
and weighted vests, 181
Bedtime fading, 221, 227–9
Behavior management, 93
Behavioral activation, 272, 275
Behavioral interventions* and aggression, 110–116
see also*
Behavioral momentum, 76
see also Compliance; High probability sequence; Non-compliance
Behavioral skills training, 283, 286–7
Behavioral weight programs, 53
see also Exercise
Benefit-cost analysis, 87–8, 90
Blocking see Response blocking
Board Certified Behavior Analyst, 123
Bruxism, 134
Carbamazepine, 267
CBT see Cognitive behavior therapy
Chain see Stimulus-response chain
Challenging behavior general, 62–71
see also Aggression; Anger management; Compliance; Disruptive behavior; Non-compliance; Pica; Self-injurious behavior
Chelation and stereotypic movement disorder, 181–2
Choice making, 114
Clinical experience, 5
Cognitive behavior therapy (CBT), 21–3, 81, 95, 109, 253, 254
and aggression 116–18
and anxiety, 236–7
and self-injurious behavior, 138, 146
and offenders, 283–5, 287
Cognitive behavior therapy (CBT) (cont’d)
see also Anger management; Social information processing
Communication, 45, 53
Competence, 152
see also Ethics
Compliance, 76
see also Non-compliance
CONSORT guidelines, 16–17
Contingent exercise, 114–15
Coping skills, 236
Cornelia de Lange syndrome, 135
Cost-Benefit analysis, 87, 90, 93
Cost-utility analysis, 88
Cost of illness analysis, 88
Costs, 85–6, 286
and self-injurious behavior, 136–7
Counseling, 24
Dating skills training, 242
DBT see Dialectic behavior therapy
Deinstitutionalization, 41
Depression, 15, 22, 23
Diagnostic Manual-Intellectual Disability, 263
Diagnostic overshadowing, 263
Dialectic behavior therapy (DBT), 284
Dietary interventions, 208–9
see also Gluten-casein-free diets; Iron; Zinc
Differential reinforcement, 111, 115, 178, 221
and aggression, 111–14, 120, 123
and feeding disorder, 212
and self-injurious behavior, 139, 144
and sleep problems, 220, 228, 252
and stereotypic movement disorder, 174, 185–7
Differential reinforcement of alternate behavior (DRA), 112, 144, 174, 186
Differential reinforcement of incompatible behavior (DRI), 112, 144, 251
Differential reinforcement of low rates of behavior (DRL), 112, 210, 212, 250
Differential reinforcement of other behavior (DRO), 112, 144, 169, 174, 185, 186, 252
Discrimination training, 212–3
Disruptive behavior, 75
Dodo bird hypothesis, 23
Down syndrome, 220, 223, 253, 263
Early intensive behavioral intervention, 35–40
Early intervention, 30–40
and autism, 35–40
and costs, 86, 92–3
Economics, 10–12, 85–95
ECT see Electro convulsive therapy
EIBI see Early intensive behavioral intervention
Electric shock, 145, 208, 212
Electro-convulsive therapy and self-injurious behavior, 138, 139, 150
Environmental enrichment
and mood disorder, 267–8
and stereotypic movement disorder, 171–2, 185, 186
see also Room management; Snoezelen
Escape extinction, 3, 200–202, 212
see also Feeding problems
Esophagitis, 199
Essential fatty acids, and stereotypic movement disorder, 180, 186
Ethics, 8–10, 88, 123
and self-injury, 153
and stereotypic movement disorder, 168–9
see also Competence; Harm
Exercise, 54
and self-injurious behavior, 139, 151
see also Antecedent exercise; Behavioral weight programs; Contingent exercise
Expert consensus, 7
Exposure, 283
Extinction, 3, 77, 112, 139
and self-injurious behavior, 142, 143
and stereotypic movement disorder, 172–4, 185
and sleep disorders, 220, 224–6
see also Escape extinction; Graduated e
Evidence-based practice definition, 4
Eye movement desensitization reprocessing, 253
Facilitated communication, 5, 9, 53
Fading stimulus, 177, 210–212
see also Texture fading
FC see Functional communication (FC)
FCT see Functional communication training (FCT)
Fears, 238–48
Feeding problems, 3, 75–6, 198–213
  adipsia, 210–211
  blocking, 206, 210, 212
  discrimination training, 212
  environmental enrichment, 212
  escape extinction, 3, 200–202, 212
  food refusal, 199–202
  food selectivity, 210
  gastroesophageal reflux, 199, 207, 209, 220, 231
  iron, 204
  liquid rescheduling, 212
  lead poisoning, 203
  overcorrection, 205, 208
  pica, 10, 74, 134, 198, 202–7, 211, 212
  prevalence, 199, 202, 207
  prompting, 210, 212
  punishment, 202, 203, 212
  rapid eating, 210–212
  reinforcement, 212
  response cost, 200, 212
  rumination, 207–9
  satiation, 208, 209, 212
Screening Tool of Feeding Problems (STEP), 199
stimulus-response chain, 206
texture fading, 201, 212
tube feeding, 201, 211
zinc, 204
see also Adipsia; Food refusal; Food selectivity; Pica; Prader-Willi syndrome
Fixed time schedules, 77, 111–12
Floor time, stereotypic movement disorder, 182, 186
Food refusal, 3, 199–202
see also Feeding disorders
Food selectivity, 210
see also Feeding disorders
Fragile-X syndrome, 220, 225
Functional analysis*, 114
  and self-injurious behavior, 140–141
  and stereotypic movement disorder, 165–7, 185
  and sleep, 231
Functional assessment
  and aggression, 110, 119
  and self-injurious behavior, 140, 151
  and sleep, 231
Functional Assessment Interview, 111
Function-based intervention
  and aggression, 110, 119
  and extinction and self-injurious behavior, 138
  and non-contingent reinforcement, 77, 111–13
  and self-injurious behavior, 152
Functional behavior assessment see
  Functional assessment
Functional communication training (FCT), 77–8, 111–16, 121
  and aggression, 115–16, 120
  and self-injurious behavior, 138, 141–2, 145
Gastroesophageal reflux, 199, 207, 209, 220, 231
Gentle teaching
  and self-injurious behavior, 138, 139, 149–50
  and stereotypic movement disorder, 183, 186
  gluten-casein-free diets and stereotypic movement disorder, 179, 186
GRADE, 17
Graduated extinction, 221, 226, 228, 229
Hands down procedure, 187
see also Overcorrection; Self-injury;
  Stereotypic movement disorder
Harm, 3, 8–10, 25, 93
Haloperidol, 93
Heterosexual dating skills training, 242
see also Offending; Sexual offences;
High probability sequence, 76
see also Behavioral momentum*
Holding, and stereotypic movement disorder, 183
Index

296  

Homeopathy, and stereotypic movement disorder, 180
Hug machine, 246
Hyperbaric chamber, and stereotypic movement disorder, 182, 186
Hyperbaric oxygen see Hyperbaric chamber
Hypersomnias see Sleep problems

Imipramine, 264
Improving Access to Psychological Therapies Project, 23
Inhibitory stimulus control, 176, 187
Insomnia see Sleep problems
Instructional methods, 177, 186
see also Skills training
Iron, 204

Language, 44
see also Communication
Lesch-Nyhan syndrome, 135

Maladaptive behavior see Challenging behavior
Marijuana see Medical marijuana
Massage, 247
Mathematical skills, 54
Medical marijuana, 182
Megavitamin therapy, and stereotypic movement disorder, 180, 186
Meditation see Mindfulness
Melatonin see Sleep Problems
Mindfulness, 109
and aggression, 119, 120
and offenders, 283
Mirtazapine, 251
Modeling, 238, 240, 286
see also Behavioral skills training; Video modeling; Video self-modeling
Money skills, 54
Mood disorder, 261–75
behavioral activation, 264, 272, 273, 275
cognitive behavior therapy, 269–73
diagnosis, 262–3
epidemiology, 261, 263
environmental enrichment, 267–8, 272, 273
mood induction, 273–4
social skills interventions, 264–7, 272, 273
Mood induction, 272–4
see also Behavioral activation
Multicomponent behavioral activation package, 248–52, 254*
Multiple schedules, 186
Music therapy and stereotypic movement disorder, 180, 186
see also Vibroacoustic music

National Institute of Clinical Excellence (NICE), 5–7, 15–17, 20, 23, 53, 90, 91, 95
see also Improving Access to Psychological Therapies Project
National Standards Project, 17–20
NCR see Non-contingent reinforcement
Neutralizing routines, 111
NICE see National Institute of Clinical Excellence (NICE)
Non-compliance see Compliance
Non-contingent reinforcement (NCR) and feeding disorder, 203–4
function-based, 77, 111–13, 121
and self-injurious behavior, 138, 142
see also Environmental enrichment
Noxious stimuli, 176

Obsessive compulsive disorder (OCD), 53, 248–53
OCD see Obsessive compulsive disorder
Offenders, 280–287
anger management, 285
behavioral skills training, 283, 286–7
cognitive behavior therapy, 283–5
costs, 282–3
definition, 280–281
mindfulness, 283, 285–6
prevalence, 281
risk factors, 282
Oral hygiene training, 212
Overcorrection, 114–15, 175, 186, 187, 208, 212, 252
and pica, 205, 212
and stereotypic movement disorder, 186, 187
Index

Paraphilia see Offending
Parasomnia see Sleep problems
Parent training, 50, 225
see also Staff training
Paroxetine, 251
PBS see Positive behavioral support
PECS see Picture Exchange Communication System (PECS)
Pediatric feeding problems see Feeding problems
Pedophilia see Offending
Peer tutoring, 52
Pet therapy and stereotypic movement disorder, 183, 186
Phobias, 238–48
Pica, 10, 74, 134, 198, 202–7, 211, 212
see also Feeding problems; Self-injurious behavior
Picture Exchange Communication System (PECS), 6, 45–7, 56, 77–8
see also Augmentative and alternative communication
Planned activities, 111
Positive practice see Overcorrection
Prader-Willi syndrome, 135, 205, 220, 223
see also Feeding disorders
Practice guidelines 16
see also Treatment algorithm
PRN medication, 286
Prompting, 210, 212, 238
Polydipsia, 134
Positive behavior support (PBS), 21, 78–80
Positive practice, 175
Post traumatic stress disorder (PTSD), 23, 253–4
Problem solving, 284
Progressive muscle relaxation see Relaxation
Protective equipment, 145–6
Psychotherapy, 24, 53
Psychotropic medication, 93–5, 264
and aggression, 108
and PRN medication, 286
and self-injury, 138
and stereotypic movement disorder, 177–9, 186, 187
see also Carbamazepine; Imipramine; Mirtazapine; Paroxetine; Risperidone
PTSD see Post traumatic stress disorder (PTSD)
Purchasing skills, 54
Punishment
and aggression, 114–15, 120
and feeding disorder, 202–5, 212
and pica, 202, 205, 212
and self-injurious behavior, 138, 139, 143–5
and stereotypic movement disorder, 168, 174–6, 185–7
see also Ammonia spirits; Antecedent exercise contingent exercise;
Overcorrection response cost;
Response blocking; Verbal reprimand
Quality-adjusted life years (QALYs), 12, 92
Rape see Offending
Rapid eating, 210–12
Reading, 52–3
reflux. see Feeding disorders; Gastroesophageal reflux
Relaxation, 116, 236–8, 284
and anxiety, 236–40
and sleep problems, 220, 228
Reprimand
verbal reprimand, 114–15, 174–5
Response blocking
and aggression, 114–15, 122
and feeding disorders, 206, 212
and stereotypic movement disorder, 174, 186, 187
Response cost, 114–15, 144, 145, 177–8, 186, 200, 212, 227, 228
Response prevention see Overcorrection
Restraint, 108, 286
and self-injurious behavior, 139, 145–6
and sensory-adapted dental environment, 247
and stereotypic movement disorder, 175, 186
see also Protective equipment
Restrictive procedures, 203, 205, 209
sensory-adapted dental environment, 247
Index

Restrictive procedures (cont’d)

- see also Protective equipment; PRN medication; Psychotropic medication; Restraint
- Rett syndrome, 227
- Right to effective treatment, 10–11
- Risk assessment
  - and offending, 282
  - and self-injurious behavior, 153
- Room management and self-injurious behavior, 139, 151
- Rumination, 207–9
  - see also Feeding problems

Satiation, 208, 209, 212
- Schedules of reinforcement, 77, 186
  - multiple schedules, 186
  - schedule thinning, 77
  - see also Fixed time schedules; Multiple schedules; Variable time schedules
- Shock see Electric shock
- Self-injurious behavior (SIB), 71–4, 105, 133–54
  - and definition, 134
  - and depression, 267–8
  - and prevalence, 135
  - see also Aerophagia; Bruxism; Cornelia de Lange; Lesch–Nyhan syndrome; Pica; Prader-Willi syndrome; Trichotillomania
- Self-instruction, 238
- Self-management, 50–52, 178, 186
  - see also Self-instruction; Self-monitoring
- Self-monitoring
  - and aggression, 121
  - and offenders, 284
- Sensory-adapted dental environment, 247
- Sensory extinction, 186
- Sensory integration therapy (SIT), 24
  - and self-injurious behavior, 138, 147–8
  - and stereotypic movement disorder, 181, 186
  - see also Vests
- Sensory needs, 3
  - see also Vests
- Sexual offences, 281

SIB see Self-injurious behavior
- SIT see Sensory integration therapy (SIT)
- Skills training, 108, 286
  - see also Heterosexual dating skills training; Mathematical skills; Money skills; Purchasing skills; Social skills; Toilet training; Vocational skills
- Skin picking, 134, 135
- Skinner, B.F. 21
- Sleep hygiene, 222, 223
- Smith–Magenis syndrome, 220
- Snoezelen
  - and self-injurious behavior, 139, 150
  - see also Environmental enrichment
- Social information processing, 107
- Social skills, 41–4, 53
  - and aggression, 108
  - and depression, 264–7
- Social stories, 24, 54–5
  - and stereotypic movement disorder, 184
- Social validity, 111
- Special education, 54–6, 86
- Staff training, 50
  - see also Parent training
- Stalking see Offending
- Screening Tool of Feeding Problems (STEP), 199
- Sleep problems, 219–32
  - bedtime fading, 221, 227–8
  - classification, 219, 221–2
  - differential reinforcement, 221, 228
  - extinction, 221, 222, 224–7
  - graduated extinction, 221, 226–7, 229
  - melatonin, 221–4, 229, 231
  - prevalence, 219–20
  - relaxation, 221, 228–9
  - sleep hygiene, 222, 223
  - sleep restriction, 221, 229–30
  - valerian, 221, 222, 230
- STEP see Screening Tool of Feeding Problems (STEP)
- Stereotyped movement disorder, 75, 163–87
  - art therapy, 183
  - antecedent exercise, 176–7, 186
  - assistive technology, 177, 178, 186
  - auditory integration training, 180, 186
response blocking 173, 174, 186
chelation, 181–2
definition, 163–4
differential reinforcement, 174, 185–7
environmental enrichment, 170–172, 183, 185, 186
epidemiology, 167
essential fatty acids, 180, 186
extinction, 167, 170–175, 185, 186
floor time, 182, 186
functional analysis, 165–7, 184
gentle teaching, 183, 186
gluten-casein-free diets, 179, 186
homeopathy, 180
hyperbaric chamber, 182, 186
inhibitory stimulus control, 177, 186, 187
instructional stimulus control, 186
medical marijuana, 182
megavitamin therapy, 180, 186
music therapy, 183, 186
overcorrection, 184, 186, 187
pet therapy, 183, 186
psychodynamic psychotherapy see Psychotherapy
psychopharmacology, 253, 262
psychotropic medication, 177–9, 186
punishment, 173–6, 185–7
response cost, 177–8, 186, 227, 228
restraints, 186
self-management, 178, 186
sensory integration training, 181, 186
skills teaching, 183
sleep disorder and, 231
stimulus preference, 185, 186
time out, 184, 186
Stereotypy see Stereotyped movement disorder; Self-injurious behavior
Stimulus control, 225, 226
see also Inhibitory stimulus control; Prompting; Stimulus fading
Stimulus fading, 177, 210, 212, 227–8
see also Bedtime fading
Stimulus preference, 185, 186, 206, 250, 267
see also Environmental enrichment
Stimulus-response chain, 206
Supported employment, 53
and economic analysis, 87, 88, 91–3
Systematic searches, 13–14
Tantrums, 229
Technology
at work, 56
Texture fading, 200, 201, 212
Treatment and Education of Autistic and Related Communication Handicapped Children (TEACCH), 24, 95
Teaching family model, 109
and aggression 119–20
Time out, 114, 144, 145, 169, 175, 240
and stereotypic movement disorder, 184, 186
Token economy, 75, 114, 286
Toilet training and economic analysis, 89–90
Transcutaneous electric nerve stimulation, and self-injury, 139, 150–151
Treatment algorithm, 5, 8
see also Practice guidelines
Treatment integrity and self-injurious behavior, 139
Trichotillomania, 134
Tube feeding, 201
Valerian, 221, 230
Variable time schedules, 77, 111
Vests AND self-injurious behavior, 139, 148
see also Sensory integration therapy
Vibroacoustic music and aggression, 109, 120
see also Music therapy
Video modeling, 47–50
Video-self modeling see Video modeling
Violence see Aggression
Visual screening, 175
Vitamin therapy see Mega-vitamin therapy
Vocational skills, 53, 56
see also Supported employment
Water mist, 144
Weighted vests see Vests
Williams syndrome, 251
Zinc, 204, 205