

OBJECTIVES

- [1] Describe interventions that can reduce episodes of dyscontrol
- [2] Detail how to for prepare for an episode
- [3] Understand the goal of handling an episode
- [4] Explain responsibilities during an episode
- [5] Explain staff management after an episode

Disclosures

Financial

Book Author – Oxford University Press

Book Author – CRC Press

Book Author – Lash and Associates Publishing

Presenter – MedBridge

Non-Financial

Board of Directors – United States Brain Injury Alliance

THERAPY IS SUPPOSED TO WORK BY

TECHNIQUE

PROVIDE INFORMATION

THEORY

INFORMATION
CHANGES WAYS OF
THINKING

CHANGE IN THINKING
CAUSES CHANGE IN
BEHAVIOR

HOWEVER... BECAUSE OF COGNITIVE ISSUES...

PERSONS WITH BRAIN INJURY:

MAY STRUGGLE TO EXPRESS THINKING
THINKING MAY NOT CHANGE DUE TO COGNITIVE DEFICITS
CHANGE IN THINKING MAY NOT CHANGE BEHAVIOR

TO OVERCOME THIS MUST ATTEND TO COGNITION

SKILL BUILDING TREATMENT

TECHNIQUE

TEACH ALTERNATIVE BEHAVIORS

THEORY

MORE EFFECTIVE BEHAVIOR WILL REPLACE OLD INEFFECTIVE BEHAVIOR

HOWEVER... BECAUSE OF COGNITIVE ISSUES...

CANNOT LEARN NEW SKILL
PERSEVERATE ON OLD BEHAVIOR
FORGET TO DO NEW SKILL
DISTORT NEW SKILL

ERRORLESS LEARNING

CONTINGENCIES AFTER THE FACT HAVE WEAKNESSES:

THE EXPERIENCE OF FAILURE IS FRUSTRATING
COGNITIVELY FAILURE TRAILS CAN INTERFERE WITH SKILL BUILDING

ERRORLESS LEARNING CUES AND PROMPTS BEFORE ERRORS SO PERSON ALWAYS WORKS AT LEVEL THEY CAN HANDLE

See Mark Yivisaker, PhD

THEORY BEHIND CONTINGENCIES

TECHNIQUE

MANIPULATE CONSEQUENCES

THEORY

BEHAVIOR CHANGES IN RESPONSE TO CONSEQUENCES

DIFFICULTIES AS APPLIED TO BRAIN INJURY

ISSUES
FORGET BEHAVIOR
FORGET CONSEQUENCES
REBEL AGAINST
CONSEQUENCES
CONSEQUENCES TOO WEAK
DO NOT ACT IN OWN BEST
INTEREST

CONSEQUENCES

Specify the rules
Specify the exact type of reward schedule
No inconsistencies between staff
Like a real economy can get legalistic
disputes about debits, ambiguities,
theft, hide behavior, blame others

NEUROPSYCHOSOCIAL INTERVENTION

DO NOT TRY TO CHANGE PERSON TO FIT WORLD
CHANGE ENVIRONMENT (OTHER PEOPLE AND PHYSICAL WORLD) TO FIT THE PERSON

PHENOMENOLOGY OF DYSCONTROL

— KAROL

EMOTIONS STATUS
SOCIAL
UPBRINGING
PHYSICAL STATUS
COGNITIVE
PROBLEMS

CREATING THE NEUROPSYCHOSOCIAL ENVIRONMENT

NEUROPSYCHOSOCIAL ENVIRONMENT

STAFF ARE THE TREATMENT
MUST RUN THE SCRIPT
ACCURATELY
ADAPT TO THE NEEDS OF THE
PERSON

GENERAL PREPARATION

- KNOW ENVIRONMENT
- KNOW WHAT CAN BE A WEAPON
- WEAR CORRECT CLOTHES
- KEEP REASONABLE DISTANCE
- NOT LET PERSON STAND OVER YOU
- KNOW HOW WILL BLOCK BLOW

TRAINING

- DE-ESCALATION TECHNIQUES
- PHYSICAL RELEASES
- TEAM RESPONSES
- POLICIES

PHOTO: MAROL
J&B COPYRIGHT

UNDERSTAND YOUR GOAL

- DE-ESCALATE
- NO ONE IS HURT

UNDERSTAND YOUR GOAL

- NOT TRY TO BE RIGHT**
(DO NOT GET EGO ENGAGED)
- NOT WIN POWER STRUGGLE**
- NOT GIVE INSIGHT**
- NOT THERAPEUTIC INTERACTION**

HANDLING AN EPISODE

- ASSESS ENVIRONMENT**
- VISITORS PRESENT**
- CLIENTS PRESENT**
- TOO FEW/MANY STAFF**
- ESCAPE ROUTES**
- ACCESS CONTROL**
- WHO IS IN CHARGE**
- ONLY ONE PERSON TALKS**

HANDLING AN EPISODE

- MONITOR STIMULUS VALUE**
- STAY CALM**
- VOICE PITCH AND VOLUME**
- CHOICE OF WORDS**
- FACIAL EXPRESSION**
- NO LAUGHING**
- EYE CONTACT**
- GESTURES**
- SPEED OF MOVEMENT**

HANDLING AN EPISODE

AVOID TRAPS

- INSISTING YOU ARE RIGHT**
- THREATENING**
- BLUFFING**
- PROMISING THE UNDELIVERABLE**
- LYING**

HANDLING AN EPISODE

AVOID TRAPS

- SAYING NO REASON TO BE ANGRY**
- ANALYZING MOTIVES**
- ARGUING THE FACTS**
- TALKING TO STAFF WHILE IGNORING CLIENT**

HANDLING AN EPISODE

- DO:**
- LET CLIENT VENT**
- IGNORE CHALLENGES**
- ALLOW SILENCES**
- GIVE CHOICES**
- GET AWAY FROM AUDIENCE**
- INVITE TO SIT DOWN**

HANDLING AN EPISODE

SAY:

"Tell me what is happening."

"What can I do to help?"

"You may have a reason to be upset. What should we do together?"

HANDLING AN EPISODE

SAY:

"You may be right. Can we talk about this?"

"This isn't working. What else can we do?"

WAS ANYONE HURT?
GET THEM CARE
DECOMPRESS AND RELAX
SHARE STAFF FEELINGS
PLAN FOR NEXT TIME

AFTERWARDS




