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### KAROL NEUROPSYCHOLOGICAL SERVICES & CONSULTING

DE-ESCALATION OF BEHAVIORAL DYSCONTROL EPISODES AFTER ACQUIRED BRAIN INJURY

ORAL PRESENTATION AND ALL SLIDES C KAROL 2018

### KAROL NEUROPSYCHOLOGICAL SERVICES & CONSULTING ROBERT L KAROL PLO, L.P., ABP-RP-CRISIT YOHAMCER. PICKETT, PH.D. L.P., CRIS ROBINL IS ROWN/PLS, L.P., ABP-CN AND ABP-

PLEASE NO
AUDIO/VIDEO RECORDING
OR
COPYING/REPRODUCTION/PHOTOS
OF SLIDES

THANK YOU

### **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** Book Author – CRC Press Book Author – Lash and Ass 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** 

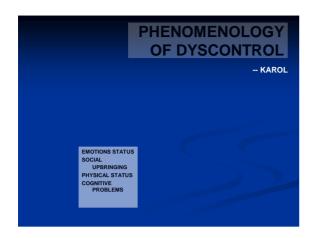
### **HOWEVER... BECAUSE OF COGNITVE ISSUES... PERSONS WITH BRAIN** INJURY: MAY STRUGGLE TO **EXPRESS THINKING** THINKING MAY NOT **CHANGE DUE TO COGNITIVE DEFICITS CHANGE IN THINKING MAY NOT CHANGE BEHAVIOR** TO OVERCOME THIS MUST ATTEND TO COGNITION **SKILL BUILDING TREATMENT TECHNIQUE TEACH ALTERNATIVE BEHAVIORS THEORY** MORE EFFECTIVE **BEHAVIOR WILL** REPLACE OLD INEFFECTIVE BEHAVIOR

## HOWEVER... BECAUSE OF COGNITVE ISSUES... CANNOT LEARN NEW SKILL PERSEVERATE ON OLD BEHAVIOR FORGET TO DO NEW SKILL DISTORT NEW SKILL

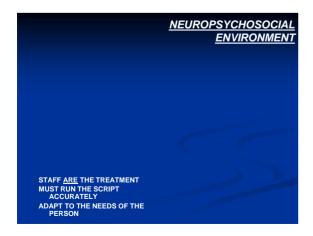
# CONTINGENCIES AFTER THE FACT HAVE WEAKNESSES: THE EXPERIENCE OF FAILURE IS FRUSTRATING COGNITIVELY FAILURE TRAILS CAN INTERFER WITH SKILL BUILDING ERRORLESS LEARNING CUES AND PROMPTS BEFORE ERRORS SO PERSON ALWAYS WORKS AT LEVEL THEY CAN HANDLE

# TECHNIQUE MANIPULATE CONSEQUENCES THEORY BEHAVIOR CHANGES IN RESPONSE TO CONSEQUENCES

DIFFICULTIES AS APPLIED TO BRAIN INJURY	
<u>ISSUES</u> 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	







### **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 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	
VISITORS PRESENT CLIENTS PRESENT	-
VISITORS PRESENT CLIENTS PRESENT TOO FEW/MANY STAFF ESCAPE ROUTES	
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### **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 "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**

