

**Positively Autism Online Training Course  
Reducing Problem Behaviors  
Course Outline**

<http://www.positivelyautism.com/training/>

**Save \$50 by Registering Early!  
Click the link above for more info and a registration form.**

**Week 1:**

*Course Introduction*

*Introduction to the Book*

This week, we'll cover the basics of the course, how it works, how to access the course content, and the course structure. We will begin the content of the course by providing background information about meltdowns and problem behavior. We'll also go over ways to track progress on the behaviors of your children or students.

**Week 2:**

*Health Issues Associated with Problem Behavior*

This week, we'll discuss health issues that can influence problem behaviors, such as sleep disorders, anxiety, phobias, and epilepsy. Focusing on underlying medical issues with your medical professionals may reduce problem behavior before it becomes a difficult issue.

**Week 3:**

*Antecedent Events and Triggers*

Antecedents refer to events that happen right before a problem behavior occurs. This week, we'll learn how making some simple changes in our routines can help prevent problem behavior from happening in the first place.

**Week 4:**

*Functional Behavioral Assessment (FBA)*

FBA has been considered the most important part of an effective behavior plan. This week, we'll learn the basics of completing an FBA as part of your behavior plan.

**Week 5:**

*Intervention Strategies and Replacement Behaviors*

This week, we'll use information from the FBA to teach positive behaviors to take the place of problem behaviors.

**Week 6:**

*Environmental Arrangements to Support Positive Behavior*

This week, we'll focus on making changes in the way we organize our homes and classrooms to reduce anxiety, provide clear expectations, and support positive behaviors.

**Week 7:**

*Communication and Social Skills Training*

As communication abilities and social skills increase, problem behaviors are more likely to decrease. This week, we'll look at strategies for improving those skills.

**Week 8:**

*Public Meltdowns and Self-Injurious Behavior (SIB)*

Public meltdowns and SIB are among the more difficult behaviors you may encounter in people with autism. This week, we'll discuss ways to prevent these difficult behaviors and ways to keep everyone safe when these behaviors occur.

**Week 9:**

*Feelings and Mental Health*

This week, we'll look at managing feelings and emotions as a strategy to prevent problem behavior.

**Week 10:**

*Family Support and Involvement*

This week, we'll discuss ways to increase family involvement in the development and implementation of a behavior intervention plan.

**Week 11:**

*Meltdowns in School and Group Settings*

This week, we will look specifically about meltdowns in school and group settings, and review strategies for these locations.

**Week 12:**

*Behavior Intervention Plans*

For the final week of the class, you'll receive individual instruction, feedback, and support to finalize your behavior intervention plan.

**Save \$50 by Registering Early!**  
**Click the link below for more info and a registration form.**

<http://www.positivelyautism.com/training/>