

Social Validity and Selecting Behaviors for Intervention

In addition to the person wanting help, what other considerations should be made before targeting a behavior for change?

Life threatening to the person or others.

Physically harmful to the person or others.

Interfering with the person's ability to acquire rewarding experiences.

Interfering with the person's quality of life.

Interfering with the person's independence.

Behavioral excess: Is there a behavior that is considered "appropriate" or "neutral" but it's occurring too often; thus, creating a problem for that person?

Behavioral deficit: Is there a behavior that occurs but it doesn't occur often enough to be beneficial? Or an important skill/behavior doesn't occur at all?