

LOOKING AT BEHAVIOR *USING THE 4+1*

Presented by:

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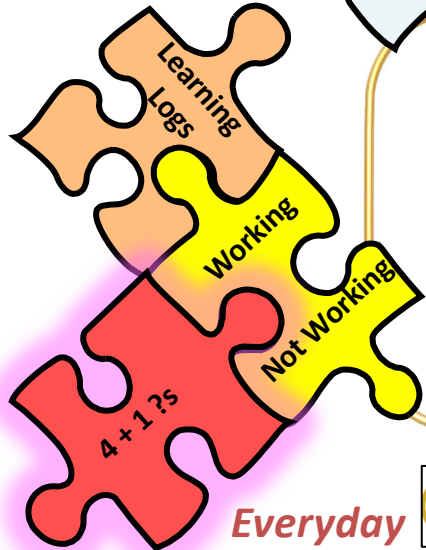
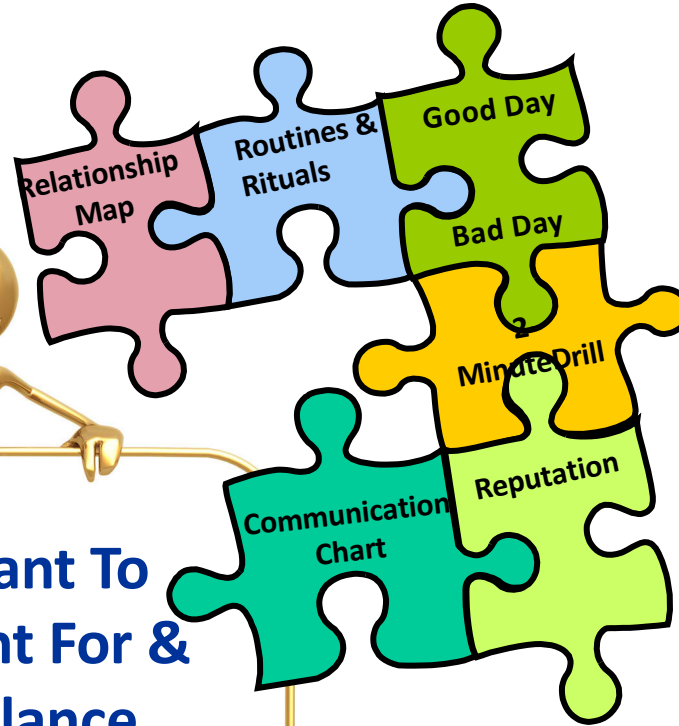
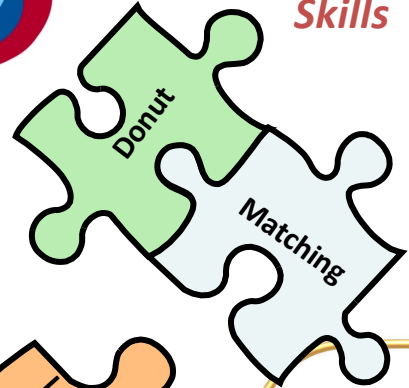


The Learning Community
for person centered practices

The Learning Community for Person Centered Practices envisions a world where all people have positive control over the lives they have chosen for themselves. Our efforts focus on people who have lost or may lose positive control because of society's response to the presence of a disability. We foster a global learning community that shares knowledge for that purpose.



Management Skills



Everyday Learning Skills



**Important To
Important For &
The Balance
Between**

*Discovery/
Listening Skills*





What we have done to address Liz's malnourishment

What have we Tried	What have we learned	What are we Pleased about	What are we concerned about
<ul style="list-style-type: none">• Healthy frozen meals• Daughter cooking a week's worth of food for her• High protein shakes 2x a day	<ul style="list-style-type: none">• She doesn't like processed food• Will almost always eat daughter's home cooked food• Protein shakes work really well• If she is having a really bad day, might only drink one shake at best	<ul style="list-style-type: none">• She is steadily gaining weight• Found at least two options that work for her• She is committed to eating when she can	<ul style="list-style-type: none">• Stress on daughter to cook and drive 5 hours round trip every weekend• Only eating once a day• Will lose appetite again if depression comes back

+1: Keep doing protein shakes; find someone local to cook occasionally; keep asking "what did you eat today, not just "did you eat today?"



Framework for : 4 + 1 Questions ALWAYS WRITE THE FOCUS QUESTION HERE

What did you try? 1	What did you learn? 2	What are you pleased about? 3	What are you concerned about? 4
<ul style="list-style-type: none"> • Bullet point format • Should list all things that have been done • If nothing has been tried, write that here as well 	<ul style="list-style-type: none"> • Be specific • Often can be 'unexpected things' • This is often the 'new' question. Leads into different thinking.... 	<ul style="list-style-type: none"> • What aspects really worked well • What gave you/other energy and satisfaction • Would like to see continue 	<ul style="list-style-type: none"> • Did not bring intended results • Didn't 'feel' right... • Should not be continued • On right track, but needs adjusting

+1 – Given your learning what will you do next?

- 1) Look at ALL the information written**
- 2) Thoughtfully consider it all**
- 3) identify specific actions to take**



Practice the skill... PART 3

1. Use the same focus topic that you used for your Learning Log. Write that topic at the top of your blank 4+1
2. Think back over the past **few months** about your efforts on your focus topic.
3. Answer the first 4 questions only. **DO NOT** answer the +1 question

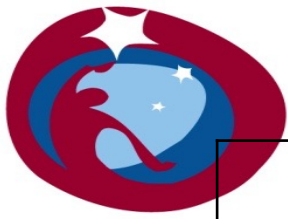


Name:
My Focus Question



What did you try? 1	What did you learn? 2	What are you pleased about? 3	What are you concerned about? 4

+1 – Given your learning what will you do next?



Focus Topic: managing son's aggression

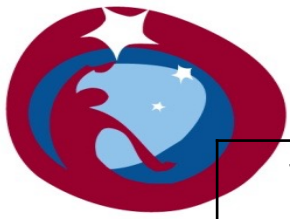
What did you try?	What did you learn?	What are you pleased about?	What are you concerned about?
<ul style="list-style-type: none"> • Yelling • Holding him back/down • Ignoring • Offering a favorite snack • Figure out warning signs 	<ul style="list-style-type: none"> • This seems to escalate the problem • We don't like doing that. And neither does he. He hits, pulls hair, kicks. • The aggression continues and we can't let him hurt us/his brother • Sometimes this helps! Eating regularly seems to be an important thing to ensure • They aren't obvious. We might trigger it sometimes. 	<ul style="list-style-type: none"> • Nothing • We stop him from hurting for a moment maybe • We are not yelling or using physical restraint • This seems to work sometimes. A regular meal and snacks seems to make a difference • He is devastated when it's over. It's not intentional. Talking helps. 	<ul style="list-style-type: none"> • We don't like doing it. Creating a trauma environment for us all. • We don't like doing it. Creating a trauma environment for us all. • The episode can go a long time sometimes! • We aren't always in a position to offer food. • We need to get better at recognizing triggers and warning signs.



Practice the skill... PART 4

the “+1 Question” - acting on the learning

1. Complete your “+ 1” regarding potential actions



Focus Topic: managing son's aggression

What did you try?	What did you learn?	What are you pleased about?	What are you concerned about?
<ul style="list-style-type: none"> • Yelling • Holding him back/down • Ignoring • Offering a favorite snack • Figure out warning signs 	<ul style="list-style-type: none"> • This seems to escalate the problem • We don't like doing that. And neither does he. He hits, pulls hair, kicks. • The aggression continues and we can't let him hurt us/his brother • Sometimes this helps! Eating regularly seems to be an important thing to ensure • They aren't obvious. We might trigger it sometimes. 	<ul style="list-style-type: none"> • Nothing • We stop him from hurting for a moment maybe • We are not yelling or using physical restraint • This seems to work sometimes. A regular meal and snacks seems to make a difference • He is devastated when it's over. It's not intentional. Talking helps. 	<ul style="list-style-type: none"> • We don't like doing it. Creating a trauma environment for us all. • We don't like doing it. Creating a trauma environment for us all. • The episode can go a long time sometimes! • We aren't always in a position to offer food. • We need to get better at recognizing triggers and warning signs.

+1 – Given your learning what will you do next? ___
Ensure regular meals and snacks. Work to recognize warning signs earlier than we have been. Keep talking, keep reassuring him of our love.

Provide Connections!

Captured at: 2021/01/13 01:23 PM URL: <https://www.txp2p.org/>



Texas Parent to Parent

- ❖ Local advocacy or support orgs
- ❖ State/national org representing the child's diagnosis
- ❖ Local ECI Services

The family's job is to become The Expert on who this child is, to believe in what's possible and to HAVE HOPE for this child and his/her future.





Help family members become **Experts**

- **Listen** to them
- **Value** their insights, observations,
And questions
- **Teach** them
- **Collaborate** with them
- **Commend** them for what they are
doing well!

Cultivate HOPE.





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