

CHECKLIST 4.2 Presenting Aversive Stimuli

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
Using Direct Discussion			
I arrange a private meeting with the participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I first determine the cause of the misbehavior by asking the participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage the participant to identify his or her feelings and express them in a safe environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I listen carefully to the response and restate to clarify my understanding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am nonthreatening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I show sincere concern for the participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If still necessary, I set and enforce a consequence for the behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Verbal Reprimands			
I try nonverbal reprimands, such as hand signals, first whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make it clear to the participant exactly what behavior is unacceptable and why.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I include a statement of what the appropriate behavior would have been.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use proximity control when giving a verbal reprimand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reprimand the behavior, not the person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid using sarcasm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I praise the desired behavior when the participant performs it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reprimand immediately after the behavior occurs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am firm but gentle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If the behavior is potentially harmful, I remove the participant to time-out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If necessary, I back up the reprimand with a loss of privilege (response cost).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I remain calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid degrading or embarrassing the participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid trying to make the participant feel guilty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I observe the participant's behavior to make sure the reprimand is decreasing the inappropriate behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If the reprimand is not effective, I try another method.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always follow through.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When it's over, it's over, and I avoid reminding the participant of the misbehavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
Using Physical Restraint		
I have inquired about any training in using physical restraint offered by my institution or organization.	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of my institution's or organization's policy regarding physical restraint.	<input type="checkbox"/>	<input type="checkbox"/>
If necessary, I use physical restraint to protect myself, the participant, or others.	<input type="checkbox"/>	<input type="checkbox"/>
I avoid touching participants when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>
I use physical restraint only when I cannot get away from a violent participant or to stop him or her from hurting self or others.	<input type="checkbox"/>	<input type="checkbox"/>
I stand beside the participant.	<input type="checkbox"/>	<input type="checkbox"/>
I tell the participant I will support him or her until he or she is able to keep his or her body safe.	<input type="checkbox"/>	<input type="checkbox"/>
I use both hands to touch the shoulder closer to me.	<input type="checkbox"/>	<input type="checkbox"/>
I slide my hands down to the elbow and fold the participant's arm across his or her upper abdomen.	<input type="checkbox"/>	<input type="checkbox"/>
I move my body in closer with feet spread apart.	<input type="checkbox"/>	<input type="checkbox"/>
I secure the participant's bent arm and torso with a hug.	<input type="checkbox"/>	<input type="checkbox"/>
My hands wrap around and are just above his or her hip.	<input type="checkbox"/>	<input type="checkbox"/>
I bend my knees and tuck my head behind his or her nearer shoulder to keep myself safe.	<input type="checkbox"/>	<input type="checkbox"/>
I hold his or her body weight or help the participant safely to the floor if necessary.	<input type="checkbox"/>	<input type="checkbox"/>
I hold him or her firmly, giving a sense of protection.	<input type="checkbox"/>	<input type="checkbox"/>
I speak softly, telling the participant I will hold him or her until he or she calms down.	<input type="checkbox"/>	<input type="checkbox"/>
I relax my body and model slow, deep breathing.	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding Corporal Punishment		
I am aware of my institution's or organization's policy regarding corporal punishment.	<input type="checkbox"/>	<input type="checkbox"/>
Regardless of the policy, I agree that it is never appropriate to hit a participant.	<input type="checkbox"/>	<input type="checkbox"/>
I get myself and others away from a violent person.	<input type="checkbox"/>	<input type="checkbox"/>
I understand the negative side effects of corporal punishment.	<input type="checkbox"/>	<input type="checkbox"/>