



Types of Behavior Interventions

Module 3: Slide 9

Type of Intervention	When to Use	Examples
Structural	When the student seems unclear of the rules, boundaries, and what is acceptable behavior	Visual schedules, reminders of the rules, defining expectations
Meeting Personal Needs	When challenging behavior results from deprivation of basic needs (e.g., physiological, social, fulfillment)	Increase access to meet basic needs; give opportunities to participate in preferred activities, hobbies, and social engagement with others
Environmental	When physical or social environmental factors influence the student's behavior	Changing the layout or stimuli in the student's environment, preferential seating, building rapport with the student
Motivation	When trying to increase the student's willingness to do something	Help the student set personal goals, provide positive reinforcement, consider the student's interests and strengths
Consequence	When the challenging behavior is influenced by what happens after the behavior occurs	De-escalation, relaxation strategies, reducing task demands, modeling replacement behavior
Instructional	When the challenging behavior is likely due to skill deficits	Teach new communication skills, use task analyses for routines, model and encourage choices, use visual supports in instruction
Mental Health	When the challenging behavior may be due to emotional or internal distress	Cognitive behavioral therapy (CBT), mindful practices, relaxation strategies, journaling

Adapted from Baker, D. J., Hammond, K. J., & Dahl, S. (2020, October 28-30). *The positive behavior support bag of tricks*. [Conference presentation]. 37th Annual NADD Virtual Conference & Exhibit Show, Cambridge, MA, United States.



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