

2020-2021 Rovinsky Family Lectureship Series



Family Accommodation Related to Child Problem Behavior: Mechanisms, Identification, and Interventions to Enhance Function-Based Treatment

Friday, October 23: 6:00-8:00pm: LIVE WEBINAR

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Family accommodation refers to family member involvement in routines that help children with anxiety and obsessive compulsive disorder avoid anxiety provoking contexts and related distress. These caregiver responses provide short-term relief for the child and family member; at the cost of long-term maintenance of behaviors related to the disorders. Family accommodation is also relevant to maintenance of child problem behavior including aggression, disruptive behavior, tantrums, and noncompliance. Family members may deliver attention, toys, or withdraw prompts to complete tasks in order to stop or temporarily avoid the problem behavior. Similarly, the cost of this temporary cessation or avoidance is long-term problem behavior maintenance. In this presentation, attendees will be introduced to the concept of family accommodation as it relates to the function-based assessment and treatment process for child problem behavior. This presentation on family accommodation of problem behavior will include: 1) conceptual and empirically-derived descriptions of the mechanisms related to family accommodation of problem behavior, 2) a framework for identifying family accommodation targets, and 3) strategies for reducing family accommodation and increasing adherence to function-based treatments for problem behavior. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the common reinforcement contingencies that maintain family accommodation for both parents of children with anxiety and obsessive compulsive disorder, and parents of children with problem behavior.
- List the three common accommodation responses demonstrated by parents of children with problem behavior.
- Identify the difference between avoidance-maintained accommodation and escape-maintained accommodation.
- Identify interventions to decrease family accommodation and increase adherence with function-based treatments for child problem behavior.
- Describe considerations to enrich the assessment and intervention process related to family accommodation of severe problem behavior when working with families from diverse backgrounds.

SUGGESTED READINGS

Leibowitz, E. R., Marin, C., Martino, A., Shimshoni, Y., & Silverman, W. K. (2020). Parent-based treatment as efficacious as cognitive-behavioral therapy for childhood anxiety: A randomized noninferiority study of supportive parents for anxious childhood emotions. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(3), 362-272.

Stocco, C. S., & Thompson, R. H. (2015). Contingency analysis of caregiver behavior: Implications for parent training and future directions. *Journal of Applied Behavior Analysis*, 48(2), 417-435. doi:10.1002/jaba.206

Storch, E. A., Salloum, A., Johnco, C., Dane, B. F., Crawford, E. A., King, M. A., McBride, N. M., & Lewin, A. B. (2015). Phenomenology and clinical correlates of family accommodation in pediatric anxiety disorders. *Journal of Anxiety Disorders*, 35, 75-81. doi:10.1016/j.janxdis.2015.09.001

Strohmeier, C. W., Schmidt, J. D., & Durlow, C. M. (2020). Family accommodation and severe problem behavior: Considering family-based interventions to expand function-based treatment. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(8), 914-917. doi:10.1016/j.jaac.2020.01.021

Torres-Viso, M., Strohmeier, C. W., & Zarcone, J. R. (2018). Functional analysis and treatment of problem behavior related to mands for rearrangement. *Journal of Applied Behavior Analysis*, 51(1), 158-165. doi:10.1002/jaba.437

ABOUT THE PRESENTER

Craig W. Strohmeier, PsyD, BCBA-D, is a supervising psychologist within the Neurobehavioral Unit, Outpatient Clinic Programs at Kennedy Krieger Institute, and an Assistant Professor of Psychiatry and Behavioral Sciences at Johns Hopkins University School of Medicine. Dr. Strohmeier is also a Clinical Assistant Professor within the Philadelphia College of Osteopathic Medicine School Psychology program where he teaches courses in the Applied Behavior Analysis Certificate of Advanced Graduate Studies program. He received a master's degree in counseling psychology from Temple University and a master's and doctoral degree in clinical psychology from PCOM. He is also a board certified behavior analyst - doctoral. Dr. Strohmeier completed a two-year fellowship in pediatric research at Kennedy Krieger Institute and Johns Hopkins University School of

Medicine where he received specialized training in the functional analysis and treatment of severe behavior disorders. His applied research on the analysis and treatment of severe problem behavior has appeared in several peer reviewed journals including the *Journal of the American Academy of Child and Adolescent Psychiatry*, *Journal of Applied Behavior Analysis*, and *Behavior Analysis in Practice*.

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals
Level of Instruction: Advanced
Number of CE Credits Offered: 2 Credits
Cost: \$30

CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



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