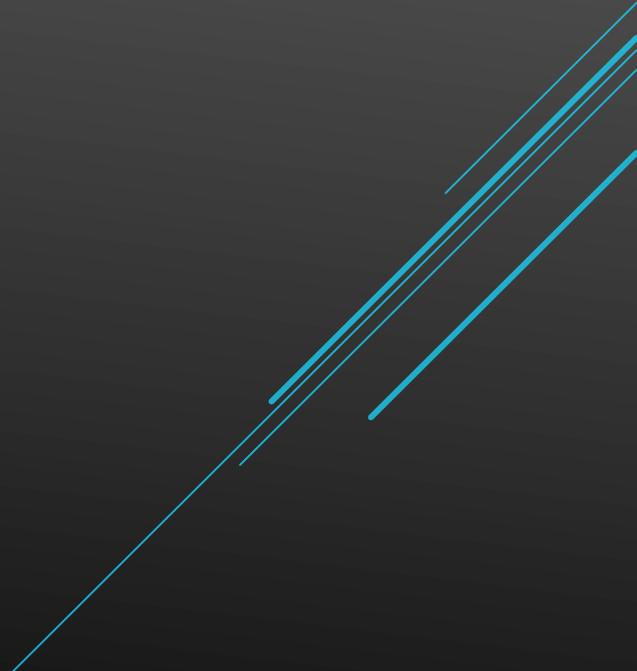




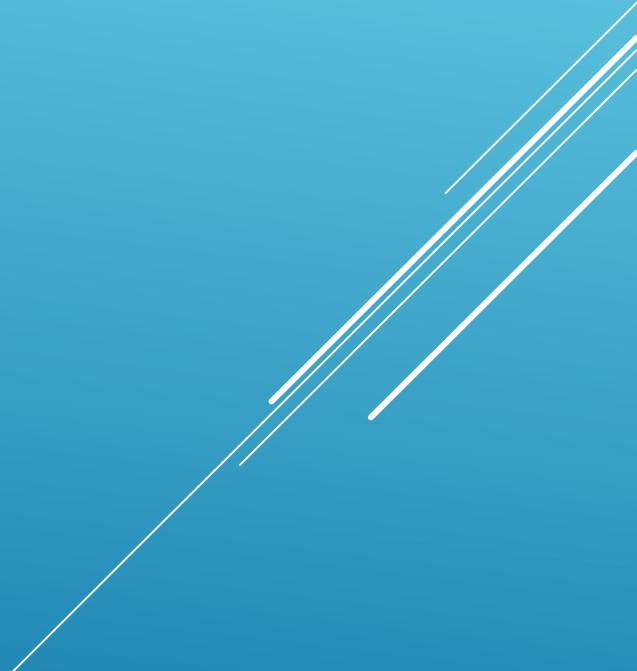
...BEFORE YOU WRECK YOURSELF: SELF-CARE AMONG BEHAVIOR ANALYSTS

Shane T. Spiker, PhD, BCBA

OBJECTIVES

- ▶ Participants will:
 - ▶ Be able to define self-care in objective and measurable ways
 - ▶ Discuss ethical implications regarding self-care and self-care deficits in relation to behavior analytic practice
 - ▶ Set goals for obtaining achievable and sustainable preventative measures to reduce problematic outcomes
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WHO AM I?

- ▶ Studied clinical psychology at Walden University
 - ▶ Practicing BCBA since 2012
 - ▶ Working in the field of special needs since 2008
 - ▶ Specialize working in a variety of areas including crisis management, home and community services, adults with special needs, sex offenders
 - ▶ Experience working in OBM, Forensics, Early Intervention, Training/Dissemination, Animal Behavior, etc.
 - ▶ Fun fact: Played in touring punk bands for nearly 10 years
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- ▶ What do you do for self-care?
- ▶ How do you define self-care?
- ▶ What kinds of outcomes do you see when you take GOOD care of yourself?
- ▶ How about when you take poor care of yourself?

DISCUSSION

SELF-CARE; AN OVERVIEW

- ▶ Began as a nursing model (Orem, 2001)
- ▶ Little to no agreement on what self-care is (Godfrey, et al. 2011)
- ▶ Behavior analytic research hasn't quite tackled this topic
- ▶ Self-care and outcomes related to self-care are generally two different topics
 - ▶ Self-care as a behavior
 - ▶ Outcomes of self-care
- ▶ We have little support in behavior analytic literature regarding **OUTCOMES** of self-care deficits among behavior analysts



DEFINING SELF-CARE

- ▶ So where do we start?
- ▶ At it's core, self-care is a set of behaviors
- ▶ Some domains of self-care include:
 - ▶ Hygiene
 - ▶ Professional
 - ▶ Mental Health/Psychological
- ▶ So what do behaviors related to these domains look like?

OBSERVABLE AND MEASURABLE

- ▶ To maintain a conceptually systematic and technological analysis, we have to define it
- ▶ Definition:
 - ▶ A set of repertoires designed to meet the organisms needs to maintain homeostasis
- ▶ An example:
 - ▶ Professional Self-Care:
 - ▶ Saying “no” to additional tasks beyond your employment scope
 - ▶ Measurement: % of opportunities

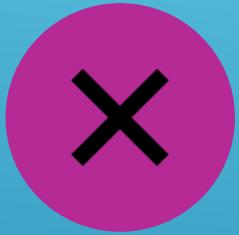
LET'S PRACTICE

- ▶ Select a behavior you consider self-care. This can include areas like activities of daily living, psychological well-being, or professional well-being.
 - ▶ Define the behavior you want to see improve.
 - ▶ Determine a measure for the behavior that would be most appropriate

ETHICS AND SELF-CARE: WHY DOES THIS MATTER?

- ▶ Social science literature indicates multiple issues with self-care deficits:
 - ▶ Compassion fatigue
 - ▶ Caregiver burnout
 - ▶ Diminished outcomes
 - ▶ In behavior analysis, there are observable and measurable events that can occur, such as...
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SELF-CARE DEFICITS AND OUTCOMES



CANCELLED
SESSIONS



HASTY
TREATMENT
DECISIONS



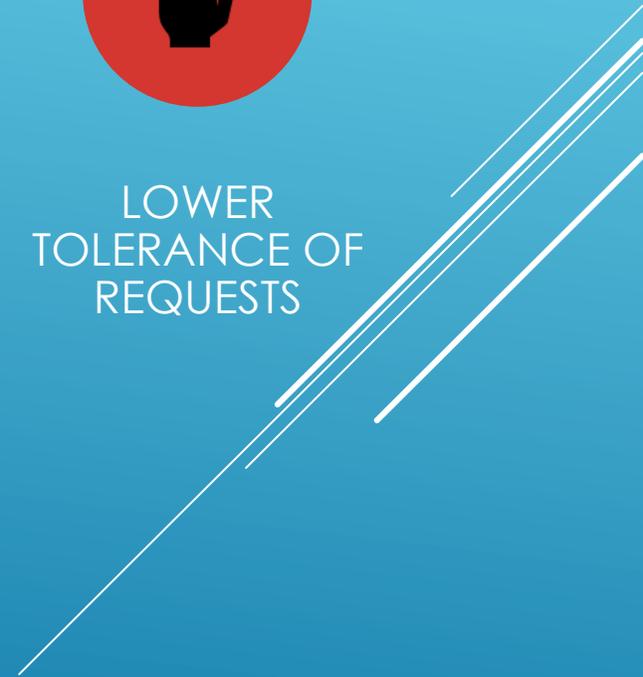
SLOWER
REACTION
TIMES



HIGHER RISK OF
ERROR



LOWER
TOLERANCE OF
REQUESTS



PROFESSIONAL AND ETHICS CODE

- ▶ What does the ethics code say in this regard?
 - ▶ 5.02: Supervisory Volume
 - ▶ What else?
 - ▶ Nothing, formally!
 - ▶ Overarching themes regarding client rights might be worthy of consideration
 - ▶ i.e. Right to effective treatment
 - ▶ i.e. Promoting an ethical culture
 - ▶ i.e. Boundaries of competence
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DISCUSSION

- ▶ So why should we take care of ourselves?
- ▶ We know the problematic outcomes regarding self-care deficits, but what are the good outcomes for healthy self-care?

CONSIDER THIS

- ▶ 168 Hours in a week
 - ▶ Minus 8 hours of sleep per night = 112
 - ▶ Minus a 40 hour work week = 72
 - ▶ This leaves you with 72 hours a week to work with specific to your own care when you don't have to care for others
 - ▶ Now add; caring for family members, running errands, activities of daily living
 - ▶ Ok, so it seems like there isn't a ton of time to care for yourself, right?
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PLANNING FOR SELF-CARE

- ▶ Start by organizing your life. Ask yourself these questions:
 - ▶ How much time do you spend in the week doing something work related?
 - ▶ How much time do you spend doing something behavior analytic?
 - ▶ What are YOUR reinforcers? And how do you plan to contact them?
- ▶ Watch out for ratio strain
 - ▶ Think about it: Why do New Year's Resolutions often fail?
- ▶ Schedule larger self-care tasks just like you would schedule work tasks

NON-EXAMPLE

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8a-9a		GP		Graph			
9a-10a				AN		AN	
10a-11a						AN	
11a-12p		GP			GP	TS	
12p-1p		AN			AN	TS	
1p-2p		AN				TP	
2p-3p						TP	
3p-4p				TP		TP	
4p-5p		AN		AN		AN	

EXAMPLE

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8a-9a		GP	Gym	Graphing	Gym	Gym	Reading
9a-10a	Yoga	GP	GP	AN	GP	AN	
10a-11a		GP	GP	AN	GP	AN	
11a-12p		Lunch	Lunch	TS	Lunch	TS	
12p-1p		AN	AN	Lunch	AN	Lunch	
1p-2p		AN	AN	TP	AN	TP	
2p-3p		AN	AN	TP	AN	TP	
3p-4p		AN	AN	TP	AN	TP	
4p-5p		AN	AN	AN	AN	AN	

LET'S START SMALL

- ▶ What's an area of self-care you want to improve?
 - ▶ Example: I want to workout more to improve my health
 - ▶ Now let's look at LTOs and STOs
 - ▶ LTO: I want to go to the gym 5 times per week
 - ▶ STO: I will go to the gym 1 time per week for 13 consecutive weeks
 - ▶ So what's the ultimate side effect of working out more often?
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TIME TO PRACTICE

1. Go back to your skill from earlier in the talk
2. Determine what the LTO and STO would be for this skill
3. Share with the group



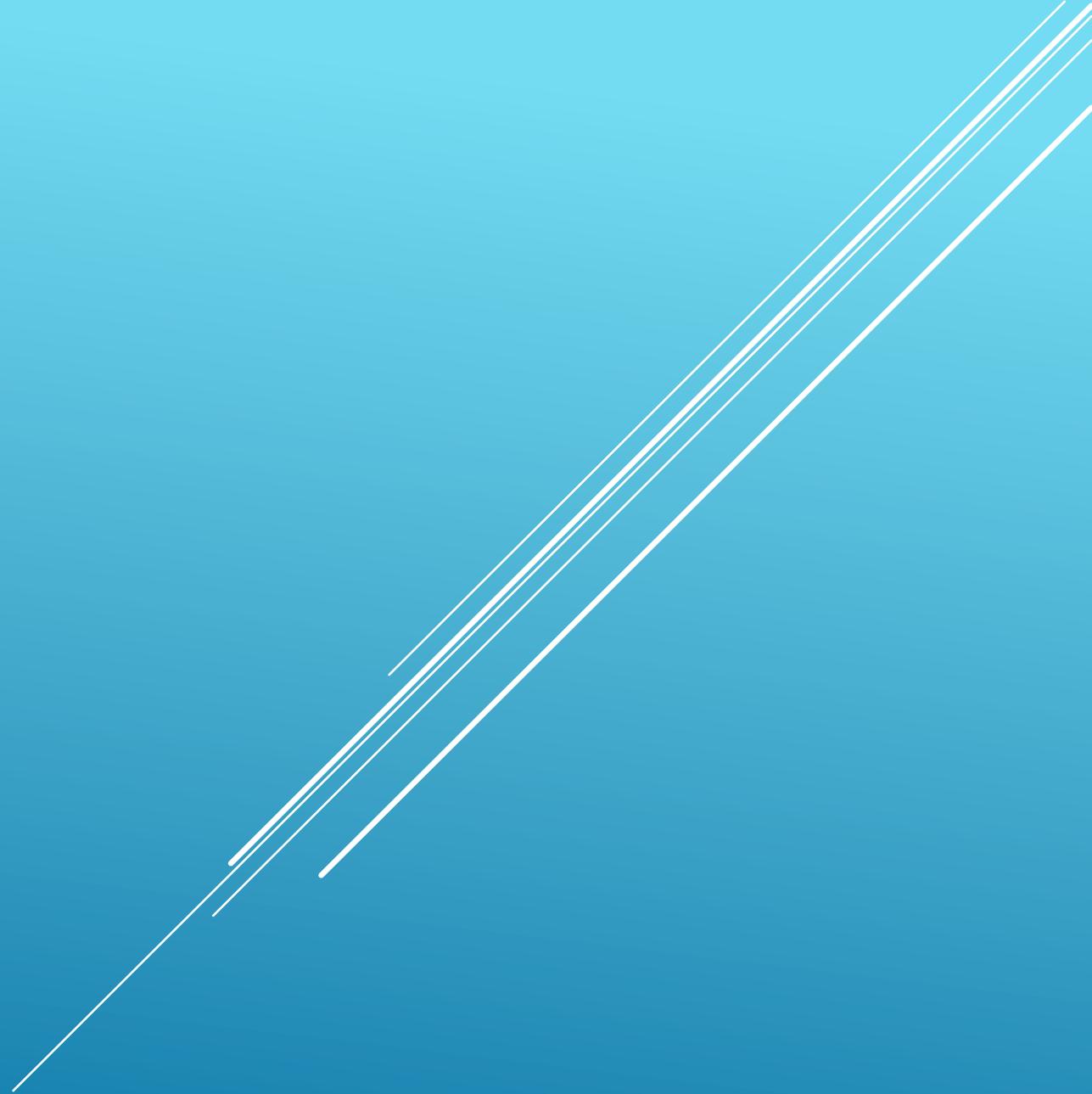
TAKE HOME POINTS

- ▶ Self-care is a great buzzword, but comes from a place of social significance, assumption, and logic, not a sufficient body of literature
- ▶ However, behaviorally, there are some clear descriptions of specific self-care repertoires
- ▶ Social sciences have identified specific problems with self-care deficits
- ▶ Our ethics code does not sufficiently address self-care directly, but there are codes that can possibly relate
- ▶ Self-care is behavior. Ultimate outcomes, LTOs, and STOs can be applied to these repertoires, but change takes time

“TAKING CARE OF YOURSELF
DOESN'T MEAN ME FIRST. IT
MEANS ME TOO.”

L. R. Knost

QUESTIONS?



THANK YOU

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