



Manitoba Association for Behaviour Analysis Newsletter

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Purpose and Mission

Our purpose and mission is to develop and disseminate knowledge about behaviour analysis as a science. MABA's interests lie in basic science focusing on principles governing human and nonhuman behaviour (i.e., the experimental analysis of behavior) as well as applied science focusing on application of those principles for improvement of socially important problems (i.e., the applied behaviour analysis), and disseminating this information to stimulate interest in and correct misunderstandings of behaviour analysis.

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Message from the President

By Kirsten M. Wirth, M.A.,
C. Psych. Candidate

The Manitoba Association for Behaviour Analysis (MABA) is a newly founded organization whose purpose is to develop and disseminate knowledge about behavior analysis as a science. We have applied for Chapter status to a larger organization called the Association for Behavior Analysis (www.abainternational.org). MABA's interests lie in basic science focusing on principles governing human and nonhuman behaviour (i.e., the experimental analysis of behaviour) as

well as applied science focusing on application of those principles for improvement of socially important problems (i.e., the applied behaviour analysis), and disseminating this information to stimulate interest in and correct misunderstandings of behaviour analysis. If you are a Behaviour Analyst, Professor, Psychologist, Researcher, Graduate Student, Undergraduate Student, Senior Tutor, Tutor, Speech Pathologist, Teacher, Parent, Resident Assistant, Respite Worker, Teaching Assistant (and membership is

not just limited to those categories), please consider membership in our organization. We will provide you with article and book reviews, information on relevant workshops or conferences and keep you abreast of the latest news in behaviour analysis. If there is anything you think we should do for our members that we have not yet thought of, please feel free to contact us with your requests. Enjoy the newsletter!

Members of the Executive Committee

President: Kirsten Wirth, a Behaviour Analyst with the ABA Program and the Resident Care Program at St. Amant.

Vice-President: Caroline Simard, an ABA Consultant in the ABA Program at St. Amant.

Secretary: Kerri Walters, an ABA Consultant in the ABA Program at St. Amant.

Treasurer: May Lee, a full-time graduate student at

the University of Manitoba, completing her Masters degree in Applied Behaviour Analysis.

Member Representative: Jennifer Thorsteinson, a Direct Service worker employee in the Research Program at St. Amant.

Membership: Rene Hiebert, a Behavior Analyst in the Community Support Program and ABA

consultant in the ABA Program and currently works with children with Autism.

Newsletter Editor: Allyson Locke, an ABA Consultant in the ABA Program at St. Amant

Executive Consultant: Dr. Lorraine DeWiele, Ph.D, C. Psych., a Private Practice Clinical Psychologist with a specialization in ABA.

First Annual MABA Conference

www.maba.ca

First Annual MABA
Conference

OCTOBER 7, 2006

P412 Duff Roblin Building

University of Manitoba

Winnipeg, Manitoba

CALL FOR PAPERS!!

Deadline:

July 7, 2006

Invited speakers:

TBA

For submission requirements,
registration, and more infor-
mation please visit our web-
site:

www.maba.ca



Opening Minds & Expanding Potential

Dr. Angela Cornick, Ph. D, C. Psych.

Program Director



The ABA Program is managed by St. Amant, a multi-service resource centre for persons living with a developmental disability. The program started in September 2002, and it is funded by the Provincial Government of Manitoba. It offers preschool and school age services to children diagnosed with Autism Spectrum Disorders, Autism, Asperger's Syndrome or PDD-NOS residing in Manitoba. The ABA Preschool Service has been implementing early intensive behavioural intervention, with well-trained and rigorously supervised teams, for the last three-and-a-half years with great success. Currently, 58 children benefit from 31 hours per week of individual ABA training. Qualified ABA consultants design highly intensive and structured home-based teaching environments, targeting skill acquisition as well as elimination of

challenging behaviours. ABA programming is then expanded from the child's home to other environments such as, nursery schools, daycares, play groups, according to the child's readiness and individual skill acquisition goals. Details regarding program structure, caseloads, clinical staff qualification and training, practicum and internship opportunities, as well as assessment protocol and curriculum guide and resources used may be provided upon request. Program outcomes, based on criterion and standardized measures following one and two years of intensive behavioural intervention, have been summarized and presented at conferences in Canada and the U.S.

The ABA School-Age Service is funded on an interim basis to provide ABA consultant services for eligible school-

age children. This service is available to children who have previously participated in ABA programming during the preschool years. Family and school must partner in facilitating the implementation of ABA programming at home and the classroom in order to qualify for funding. The structure of a permanent School-Age ABA Program, offering various models of services to match children's needs, continues to be a focus of discussion with provincial funding agencies and the Manitoba Families for Effective Autism Treatment (MFEAT). To learn more about St. Amant, the ABA Program and our job opportunities, visit www.stamant.mb.ca/abaprogram/index.html or email abaprogram@stamant.mb.ca

Applied Behavior Analysis and Related Terms

Dr. Garry L. Martin, Ph.D. C. Psych.

Professor of Psychology, University of Manitoba

Many scholars consider the area known as applied behaviour analysis (ABA) to have been launched in 1968 with the publication of the first issue of the *Journal of Applied Behavior Analysis*. Based on articles published in that journal over the years, ABA can be defined as the systematic application of learning principles and techniques to improve measurable behaviour of individuals in order to help them function more fully in society. Many studies have demonstrated beneficial effects of ABA with children with autism and persons with developmental disabilities. Other applications have occurred in such areas as school psychology, sports psychology, child rearing, gerontology, behavioral medicine, and behavioural treatment of outpatients, to name a few. Over the years, several other terms have been used that are closely related to ABA. One such term is *behaviour analysis*, which refers to the scientific study of laws that govern the behaviour of human beings and other animals. In many respects, behaviour analysis is the science on which applications using ABA are based. Another related term is *behaviour therapy*, which is the term that is often used to refer to treatment offered by clinical psychologists who take a behavioral approach to helping outpatients with

clinical problems, such as persons suffering from depression or anxiety disorders. Another phrase that you may encounter is *cognitive behaviour modification*. Some therapists believe that faulty thinking is the cause of many emotional and behavioural problems (such as depression), and the primary focus of their approach to therapy is to change faulty thinking (e.g. cognitions). Therapists who capitalize primarily on learning principles and techniques to change faulty thinking are referred to as cognitive behaviour therapists, and their approach is referred to as cognitive behaviour modification. The final term that I would like to comment on, and the one that is most closely related to ABA, is *behaviour modification*. Some writers use the terms ABA and behaviour modification interchangeably. Although the meaning of the two terms is very similar, the term behaviour modification has, in my view, a somewhat broader meaning in at least two respects. First, articles published in the *Journal of Applied Behavior Analysis* typically rely on a type of learning referred to as operant conditioning. Behaviour modification includes applications of operant conditioning as well as applications of a second type of learning referred to as respondent or Pavlovian conditioning. Second, articles

published in the *Journal of Applied Behavior Analysis* always focus on measurable, observable behaviours. But some studies focus on application of learning principles to change our thoughts and our feelings, which are often referred to as private or covert behaviours, and are difficult to observe. The term behaviour modification would include these latter studies. Therefore, my colleague Dr. Joseph Pear and I defined behaviour modification as “the systematic application of learning principles and techniques to assess and improve individual’s covert and overt behaviours in order to help them function more fully in society” (Martin, G.L., & Pear, J.J., 2003, *Behavior Modification: What it is and how to do it, 7th Edition*, Upper Saddle River, NJ, Prentice Hall). If you compare this definition to the above definition of ABA, you will see that they are very similar. Therefore, if you are a newcomer to the field of ABA and you are interested in learning more about it, I would encourage you to consider writings in behaviour modification as well as ABA.

Interested in more information on ABA?

Visit these sites:

Manitoba Association for Behaviour Analysis
<http://www.maba.ca>

Association for Behavior Analysis (ABA)
<http://www.abainternational.org>

Behavior Analyst Certification Board (BACB)
<http://www.bacb.com>

St. Amant ABA Program
<http://www.stamant.mb.ca/ABAProgram/index.html>

Manitoba Families for Effective Autism Treatment (MFEAT) <http://www.mfeat.ca>

Psychology Department, University of Manitoba
<http://umanitoba.ca/faculties/arts/psychology>

ABA Certificate Program, University of Manitoba
<http://www.umanitoba.ca/coned/mpcp/aba/index.shtml>

The Journal of Applied Behavior Analysis
<http://www.jaba.com>

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We're on the Web!

www.maba.ca

Becoming a Research Centre

Dr. C.T. Yu, Ph.D., C. Psych.
University of Manitoba and St. Amant

The St. Amant Research Program will be become a Research Centre in June 2006.

Nine years ago, Dr. Helen Glass, Professor Emeritus of Nursing, then Chairperson of the St. Amant Board Research Committee, was instrumental in establishing the Research Program to advance our knowledge to enhance the quality of life of people with developmental disabilities. The program was launched in 1997 with financial support from St. Amant Foundation, St. Boniface General Hospital Foundation, and the Faculties of Nursing. I was hired to get it going. Over the years, we've been successful in securing external research grants from various federal and provincial granting agencies and completing research that yields benefits for persons with developmental disabilities. The Program has benefited from working with many talented and dedicated research collaborators and students.

During the last few years, Faculties of Medicine and Arts (Department of Psychology) at the University of Manitoba became supporting partners.

Working in partnership with St. Amant Foundation, The Winnipeg Foundation, and University of Manitoba, St. Amant has created a Research Manager position and two additional university-based research positions in the Faculty of Nursing and in the Department of Family Social Sciences, Faculty of Human Ecology. We are grateful for the support from all of our partners over the years.

In a sense, we will be starting up again in June 2006, but this time as a Research Centre. We are excited about the prospect of not only increasing the quantity of research, but also the scope of our research and transdisciplinary collaborations. We are excited about the increased capacity to foster future generations of researchers and professionals. Most importantly, we are excited about increasing the benefits that research will bring for people living with developmental disabilities, including autism.

Behaviour Analysis in Manitoba: Comments on the Founding of the Manitoba Association for Behaviour Analysis

Dr. Joseph J. Pear, Ph.D., C. Psych.

University of Manitoba

Behaviour analysis has been a force in Manitoba for almost 40 years. During that time there have been a number of milestones in its steady progress in the province. These include the adoption of the behavior analytic approach at the Manitoba Developmental Centre in Portage la Prairie, shortly followed by its adoption at the St. Amant Centre; the establishment of the Behavioural Stream in the clinical program at the University of Manitoba; and the establishment of the Applied Behaviour Analysis area in the graduate program at the University of Manitoba. Thousands of students have taken courses in be-

haviour analysis at all the universities in the province, and numerous behaviour analysts have been trained at every university educational level. These individuals have made important contributions to behaviour analysis in the province, in the country, and throughout the world. As a result of the efforts of behaviour analysts in this province and elsewhere, people in business, industry, education, and many other fields now accept behaviour analysis as a means to enhance behaviour as readily and as naturally as they accept vaccination to prevent disease. The most recent behaviour analytic milestone in this

province is the founding of the Manitoba Association for Behaviour Analysis. In addition to interfacing with the internationally established Association for Behavior Analysis, this new provincial organization will provide a valuable framework for sharing ideas and information, acknowledging the efforts and contributions of individuals and groups, and promoting behaviour analysis in the province. With the founding of this promising new organization, we can look forward to a bright future for behaviour analysis in Manitoba.