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General Information

Instructor: Dr. Jaime Flowers, Ph. D, BCBA, NCSP

Title: Applying Behavior Analysis to Anxiety: Effective Strategies for Treatment and Management

BACB CEs: 5 learning Credits

IBAO CEs: 5 General Credits

QABA CEs: 5 General Credits

This course will delve into the application of ABA techniques for addressing Anxiety-related issues. It will commence by examining the nature of anxiety and presenting up-to-date statistics pertaining to anxiety prevalence in the United States. Additionally, the course will furnish a concise introduction to the following methodologies: ACT, habit reversal, progressive exposure, and behavioral interventions for selective mutism.

Speaker Bio

Dr. Jaime Flowers is a professor of School Psychology at Stephen F. Austin State University. She is a Licensed Educational Psychologist (LEP) in California and Licensed Specialist in School Psychology (LSSP) in Texas, a Board Certified Behavior Analyst (BCBA), and a Nationally Certified School Psychologist (NCSP). Her current research interest includes behavior analytic ethics, and functional behavior analysis in schools.

Learning Objectives

1. Learn the definition of anxiety.
2. Learn the importance of studying anxiety as a BA.
3. Learn what ACT is and the current research on ACT.
4. Learn what habit reversal is and the current research on habit reversal.
5. Learn how to use ABA techniques to intervene with specific phobias.
6. Learn how to use ABA techniques to intervene with selective mutism.

Course Assignments, Activities, and Technology

	Title	Activities
<i>Lesson 1</i>	Syllabus	Review Syllabus
<i>Lesson 2</i>	Defining Anxiety	Video Matching Activity Discussion Question
<i>Lesson 3</i>	Why Study Anxiety Now	Video Drag and Drop Activity Discussion Board
<i>Lesson 4</i>	Trauma Informed Care Ethically Choosing Interventions	Video Discussion board
<i>Lesson 5</i>	Acceptance Commitment Therapy	Video Reading Assignment Reading Assignment



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		Quiz Questions Discussion board
<i>Lesson 6</i>	Habit Reversal	Video Reading Assignment Flashcard Activity Discussion Questions
<i>Lesson 7</i>	Specific Phobias	Video Quiz Activity Discussion Board
<i>Lesson 8</i>	Selective Mutism	Video Reading Assignment Discussion Board
<i>Lesson 9</i>	Final Exam	

Evaluation and Assessment

Participants must score 80% or better on all quizzes and exams. Participant also must turn in all assignments and respond to all discussion boards. Participants will have multiple opportunities to complete these activities if the first attempt is not satisfactory.

References

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- Dutta, N., & Cavanna, A. E. (2013). The effectiveness of habit reversal therapy in the treatment of Tourette syndrome and other chronic tic disorders: a systematic review. *Functional neurology*, 28(1), 7–12.
- Goldfried, M. R. (1971). Systematic desensitization as training in self-control. *Journal of Consulting and Clinical Psychology*, 37(2), 228–234. <https://doi.org/10.1037/h0031974>
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- Friman, P.C., Hayes, S.C. and Wilson, K.G. (1998), WHY BEHAVIOR ANALYSTS SHOULD STUDY EMOTION: THE EXAMPLE OF ANXIETY. *Journal of Applied Behavior Analysis*, 31: 137-156. doi:10.1901/jaba.1998.31-137
- Forman, E. M., Herbert, J. D., Moitra, E., Yeomans, P. D., & Geller, P. A. (2007). A Randomized Controlled Effectiveness Trial of Acceptance and Commitment Therapy and Cognitive Therapy for Anxiety and Depression. *Behavior Modification*, 31(6), 772– 799. <https://doi.org/10.1177/0145445507302202>
- Lee, E. B., Homan, K. J., Morrison, K. L., Ong, C. W., Levin, M. E., & Twohig, M. P. (2020). Acceptance and Commitment Therapy for Trichotillomania: A Randomized Controlled Trial of Adults and Adolescents. *Behavior Modification*, 44(1), 70– 91. <https://doi.org/10.1177/0145445518794366>



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<https://doi.org/10.1521/scpq.17.2.168.20857>