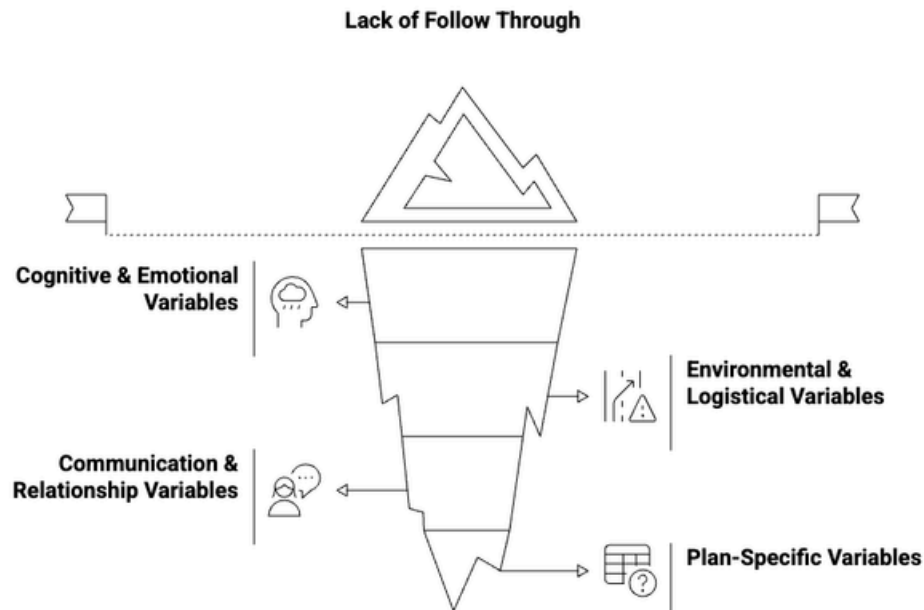


Is It Technical or Relational?

A Problem-Solving Framework for Caregiver Collaboration

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Parenting with ABA



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Structured Solutions to Increase Caregiver Collaboration

Pinpoint target response



- Specific measurable caregiver behaviors to increase
- Avoid vague terms. Keep it simple and actionable.

Hypothesis of contextual variables



- What environmental, emotional, or systemic factors might be influencing the behavior?
- See checklist of possible influential variables

Technical solutions



- What concrete adjustments can you make to the behavior plan or teaching procedures to improve feasibility, clarity, or relevance?

Relational solutions



- What can you do to build trust, increase collaboration, or demonstrate empathy with the caregiver?
- How can you improve the therapeutic relationship?

Reinforcement for caregivers



- How will caregivers contact reinforcement?
- Contrived reinforcement in place if naturally occurring isn't strong enough?

Possible Contextual Variables

Cognitive & Emotional Variables

- Stress, burnout, or overwhelm from daily responsibilities
- Executive functioning challenges (e.g., planning, organization, follow-through)
- Statements of low self-efficacy (“I don’t think I can do this right”)
- Fear of making things worse or triggering problem behavior
- History of being blamed by professionals or other family members

Environmental & Logistical Variables

- Inconsistent routines or lack of structure at home
- Multiple children with competing needs
- Caregiver work schedules or shift work
- Transportation issues affecting access to resources or consistency
- Time constraints—limited opportunities to implement strategies
- Co-parents have different priorities

Communication & Relationship Variables

- Need for improved rapport between the BCBA and caregiver
- Hasn’t shown or stated understanding of the plan or rationale behind it
- Language barriers
- Discomfort asking questions or advocating for changes
- Feeling unheard or unvalidated during consultations
- Values misalignment
- Different parenting philosophies
- Cultural norms that conflict with the behavior plan components

Plan-Specific Variables

- Too complex or time-consuming to realistically follow
- Lack of clarity or inconsistent instructions
- No visible results
- Results are taking too long
- Doesn’t align with family routines or feels intrusive
- Lack of reinforcement for caregivers themselves
- Hasn’t demonstrated mastery of plan steps
- Lack of fluency in steps of plan

Is this a good fit for your family?

Time

- ☐ I feel this is doable in the time I have.
- ☐ I need help finding the time.
- ☐ There's no way I can find time for this.

Comfort/ Confidence

- ☐ I understand the plan and feel good trying it on my own.
- ☐ The training was a little unclear. I'm not sure what to do.
- ☐ That made no sense to me. We need something else.

Troubleshooting

- ☐ I feel good applying this to new things that may pop up.
- ☐ I can try to use these behavior tools on my own.
- ☐ Not going to work for new issues that may come up.

Whole Family

- ☐ This feels too hard on my child.
- ☐ This feels too hard on the rest of my family.
- ☐ This feels too hard on me.

Is it worth it?

- ☐ The effort is totally worth it.
- ☐ The payoff of improvement in my family seems really far off.
- ☐ The effort does not seem like it's going to get us anywhere.

Community

- ☐ The people in our world will be understanding of this.
- ☐ No one will understand and I'll feel uncomfortable.

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