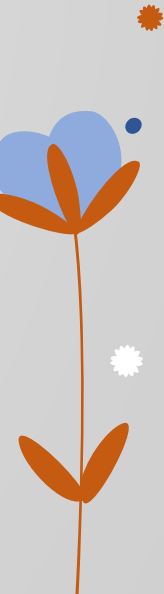
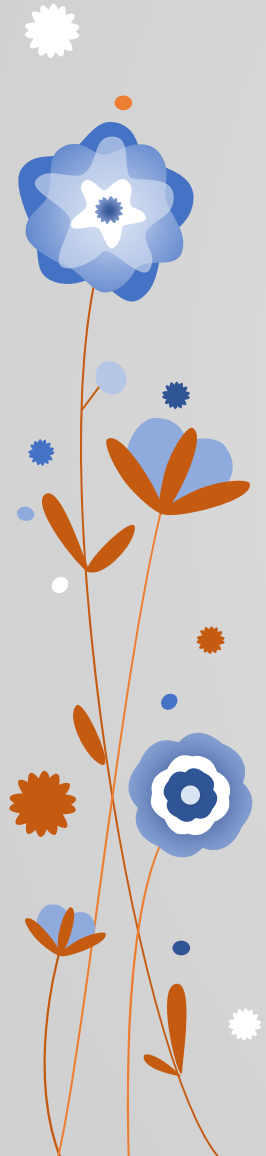


Functional Analysis and Formulation

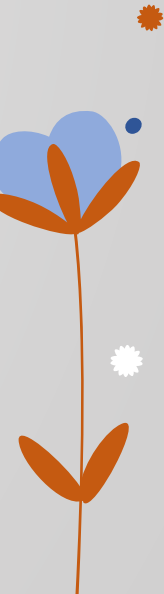
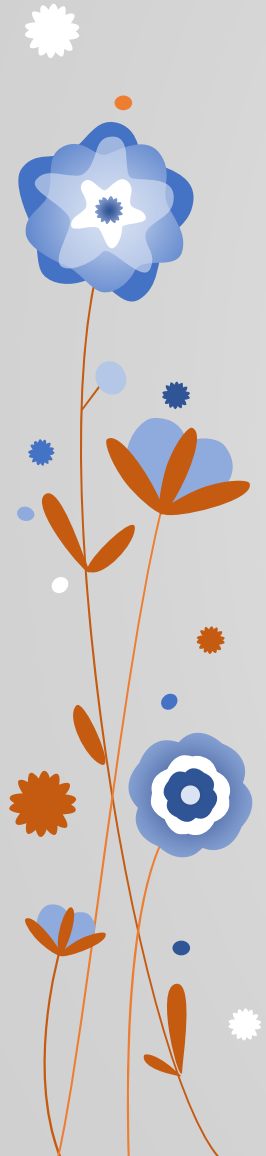
PBS Network –Emily Greentree & Beth Kruger

March 2019



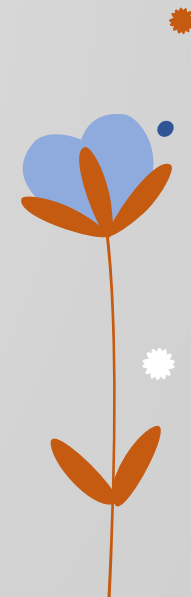
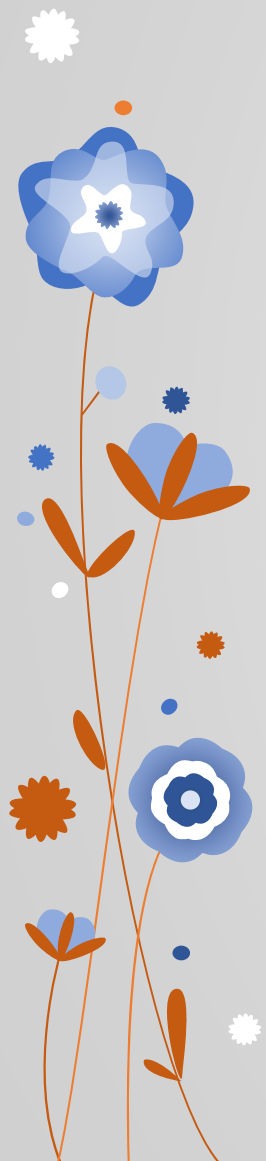
Take away today.....

- Understanding of functional analysis.
- How does it relate to Positive Behaviour Support?
- Understanding of formulation.
- How does it relate to Positive Behaviour Support?
- Importance of formulation following functional analysis.



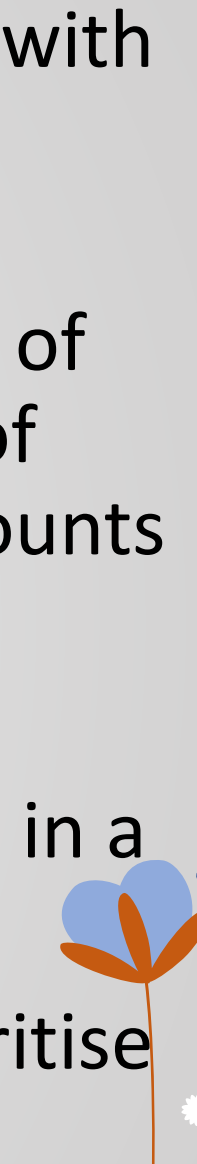
Applied Behaviour Analysis

- Our understanding of behaviour comes from **Applied Behaviour Analysis** or **ABA**
- This is a model for how we **ALL** behave.
- **ABA** is analytical, aims to:
 - Establish and describes precise ways of intervening.
 - Supporting the person whose behaviour is generating concern.

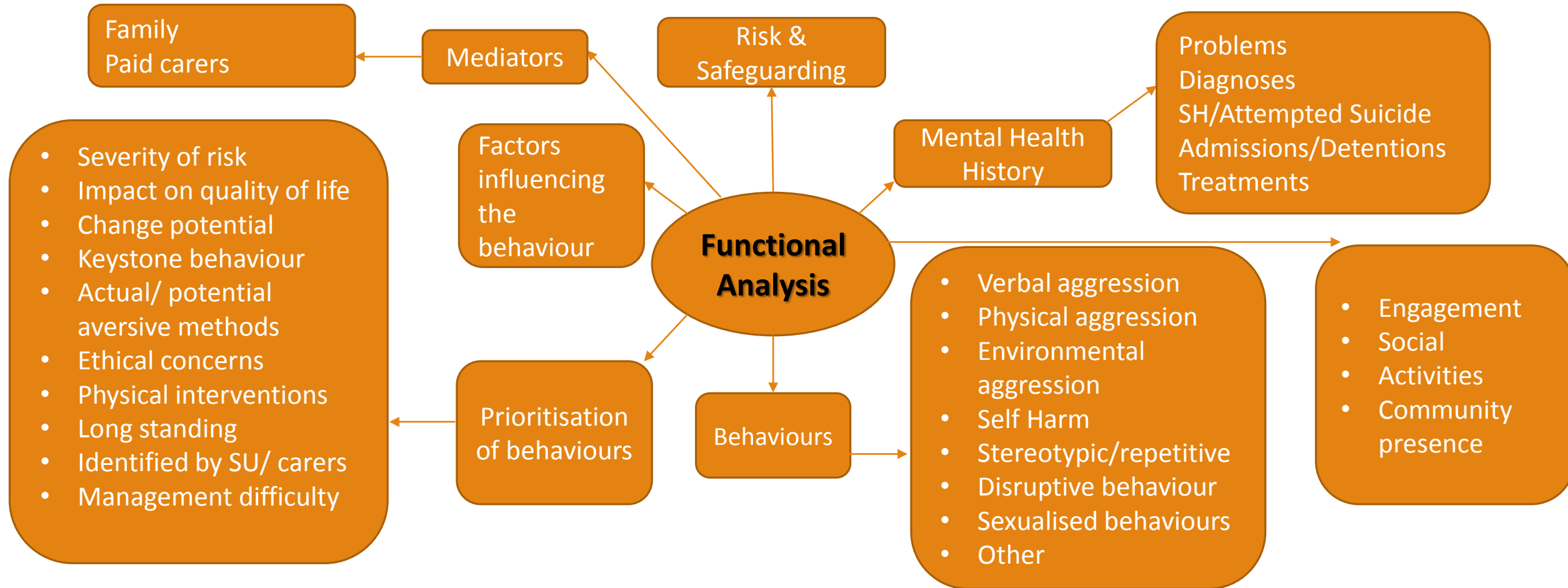




Functional Analysis

- We all know people rarely present with single forms of behaviours that challenge.
 - We also know through assessment of the three elements determinants of behaviour it can generate vast amounts of information.
 - Functional analysis allows us to go through the process of assessment in a manageable and analytic way.
 - It can provide a framework to prioritise behaviours.
- 

Functional Analysis

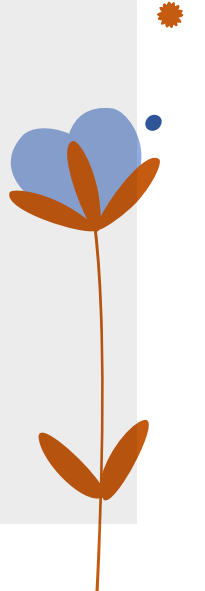


Assessment Tools

- Direct Observation
- Clinical Interview
- ABCs
- Checklist of Challenging Behaviour
- Functional Assessment Interview (FAI)
- Reinforcement Inventory (RI)
- Motivational Assessment Scale (MAS)
- Challenging Behaviour Inventory (CBI)
- Contextual Assessment Inventory (CAI)
- PAS-ADD Checklist or Psychiatric Assessment schedules
- Adaptive Behaviour Scale (ABS)
- Aberrant Behaviour Checklist (ABC)
- The Disability Assessment Scale.
- Behaviour Problems Inventory (BPI)
- BBAT – Brief Behaviour Assessment Tool



Adaptive Behaviour

- We need adaptive skills to be able to function effectively in our own environment – impairments can limit a person's maturation, learning, independence and social activity.
 - AAMR Adaptive Behaviour Scale – Residential & Community (ABS-RC:2)
 - Adaptive Behaviour Assessment System (ABAS-11) 2nd ed.
 - The New Guernsey Community Participation and Leisure Assessment (GCPLA)
 - Quality of life (WHO QOL) and emotional wellbeing.
 - The Model of Human Occupational Screening Tool (MoHOST).
 - Clinical Outcomes in Routine Evaluation (CORE-LD)
- 

Mediator Analysis

- Mediator Analysis (family & paid carers) – those people that are best placed to make the changes or implement the interventions.



Case Study

- Utilise the Brief Behavioural Assessment Tool (BBAT)



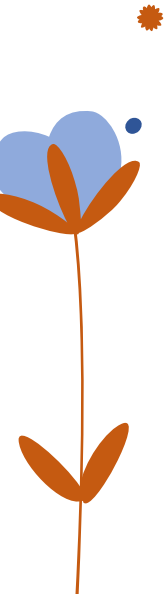
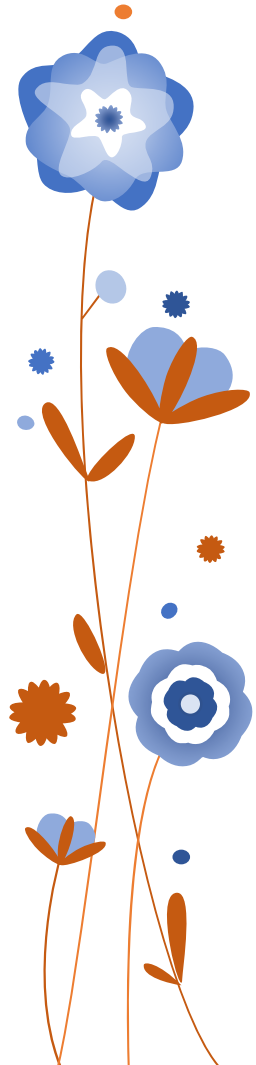


Formulation

Formulation

- “The decision-making process, based upon the collection of relevant information, using a formal set of ethical criteria, that contributes to an overall estimation of a person and his circumstances.”
(Barker, 2004)

Formulation arises out of an assessment process



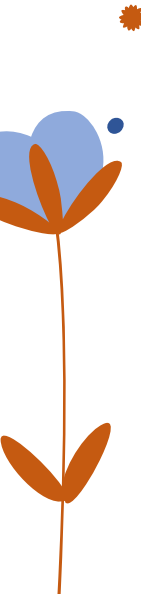
Purpose of Formulation

- Understanding of the overall picture
- Identifying gaps
- Prioritising issues & problems
- Emphasising needs and strengths
- Framing, selecting and planning interventions
- Ensuing understanding
- Containing, service user, carers & professionals
- Strengthening/ encouraging collaboration
- Normalising problems/ reduce self blame

*Good Practice Guidelines on the use of Clinical Formulation
(The British Psychological Society, 2011)*

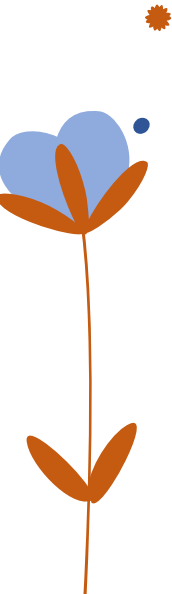
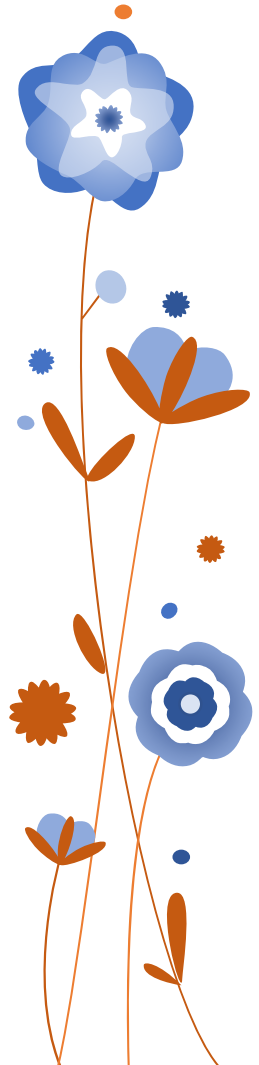
Different Approaches to Formulation

CBT	Family Approach	Psychodynamic (individual approach)
This approach focuses on the relationship between the person's thoughts, feelings, bodily sensations, and behaviour	This approach focuses on exploring the relationships and experiences within the family system, considering how they affect individual members and the family as a whole	This approach is based on the belief that human functioning is based on the interactions between drives and forces within the person that are often unconscious, and structures of the personality



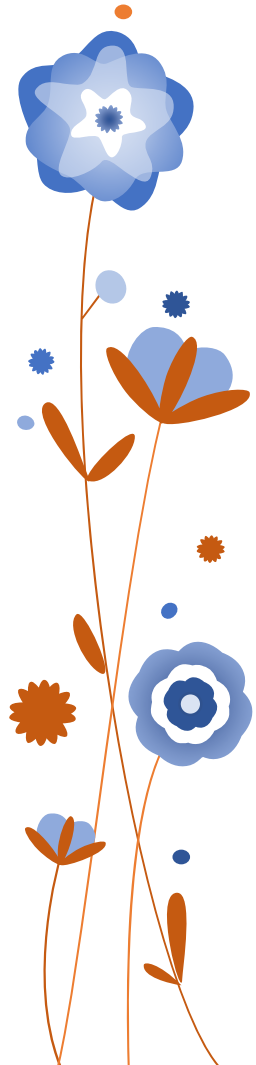
5 P's Approach to Formulation

Presenting Issues	Statement of the behaviours.
Precipitating Factors	Proximal external and internal factors that triggered the current presenting issue.
Perpetuating Factors	The internal and external factors that maintain the current behaviours.
Predisposing Factors	External and internal factors that increase the person's vulnerability to their current problems.
Protective Factors	The person resilience and strengths & factors that help maintain emotional well-being.



What Makes a Good Formulation?

- Collaborative
- Transparency
- Process not an event
- Meaningful to the client
- Useful (even if it is not true)
- Open to revision
- Ethical (collaborative as opposed to merely presented to the client, evidence-based, delivered with skill and sensitivity)



Case Study

- 5 P's Formulation Feedback



References

- Harper, D and Moss, D (2003) A different kind of chemistry? Reformulating 'formulation.' *Clinical Psychology*, 25, 6-10.
- Johnstone L, Dallos R (eds) (2006) *Formulation in Psychology and Psychotherapy: Making Sense of People's Problems*. East Sussex: Routledge.
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