

Chapter 1 : Autism Resources / Incentive Plans and Reinforcement

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The grocery store is a busy place with a lot of people, excitement, and objects all around. There are also a lot of demands placed on a child; remain in the seat, remain quiet, keep hands in the cart, follow my directions. We all know that it can be a difficult place for a child to maintain appropriate behaviors. However, a token economy system can be of use to assist with the display of the appropriate behaviors in the grocery store. Prior to the outing to the grocery store, plan a target behavior, criteria, and back-up reinforcer for your child. Upon entrance to the store, state the expectation and then utilize the system in the store and bring stickers and a piece of paper with you. When your child displays the target behavior e. Remind your child of the expectation, the chart, the pre-determined number of stickers that need to be earned, and the back-up reinforcers. When you state these, make sure you state is positively i. When the grocery shopping trip is over i. Reinforce your child, with the meeting of the criteria, with a back-up reinforcer. Suggestionsâ€™ utilize items that can be purchased at the grocery store e. The car ride is another environment that can elicit various behaviors, specifically with children with Autism. Again, the back-up reinforcer may be most effective if it something that the student can use either in the car e. Here is a specific exampleâ€™ Target Behavior: The child keeps his seat belt on independently, Token System: DVD player in the car. The parent notices that her child does not keep his seat belt on during car rides, unless given constant reminders. The parent decides that she is going to target keeping the seatbelt on by drawing attention to the keeping of the seat belt and providing reinforcement to the seat belt being on. The parent, at the same time, is going to not verbally redirect the student when the seat belt is off. Remember, you are going to keep your seat belt on. When you keep your seatbelt on, you get tokens. After three tokens, you get the DVD player. As the parent drives, her son has his seat belt on; the parent gives him a token. This continues two more times. Nice job keeping your seat belt buckled!!! Here is the DVD player. As time and success continues, the number of tokens increase. Suggestionsâ€™ During first attempts with the token economy system, provide primary reinforcers e. In the restaurant a child is expected to utilize a soft voice, remain in the seat throughout the duration of the meal, use manners e. I encourage you to use token economies at the restaurant to promote some of the above target behaviors. Like the other scenarios, it is best to use a system that is transportable and easy as well as back-up reinforcers that can be immediate i. Some examples of possible back-up reinforcers include extra purchases of the menu items e. As suggested before, a level system of reinforcers can be usedâ€™ three tokens for a dessert, five tokens for an appetizer, etc. At first, provide primary reinforcement i.

Chapter 2 : Home Token Economy/With Guide and 10 Charts (June edition) | Open Library

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Gavin Cosgrave Reading Time: Within an educational setting, a token economy is a system for providing positive reinforcement to a child or children by giving them tokens for completing tasks or behaving in desired ways. How does a Token Economy work? The basic "cycle" of a token economy. The target behaviours could be anything. For example, completing academic tasks like getting a certain amount of spellings correct, or it could be saying hello to their teacher in the morning, or playing nicely with their peers. What a target behaviour will be depends on each individual child. What is a Back-Up Reinforcer? A backup reinforcer is an activity, item or privilege that the child likes and enjoys. The token economy works because the tokens become paired with the earning of the back-up reinforcers and the child only gets tokens for engaging in desired behaviours Miltenberger, Therefore the target behaviours should occur more often. There is no one single type of token economy chart. Some will have a space where an image of something being earned - a reinforcer - can be placed as in the image below , others will have space to write down what is being earned while others will be used only to record how many tokens have been earned. For token charts where there is no place for a reinforcer there will typically be some method of choosing from a group of possible reinforcers once the chart is filled up or there might be a list of reinforcers that all "cost" different amounts and it is up to the student to decide when they want to trade in their tokens for a specific reinforcer. One example of a token economy chart with space to place a PECS sized reinforcer and twelve tokens. Money is a type of Token The world economy where people go to work, do their job to earn money and then spend this money for things they want or need is pretty much identical to a classroom token economy. What you really want is what you buy with your money because getting money means you get desired items and activities e. For a classroom token economy, a child will go to school, complete academic tasks to earn tokens and then spend these tokens for back-up reinforcers. Just like our money, the tokens are a means to an end "getting tokens means getting things the child wants e. Comparing the world economy to a classroom token economy. What can be used as tokens? Some token economies do use physical objects such as poker chips, printed cards with smiley faces, fake money or even marbles. However, not all tokens are like this, some might just use a tick on a sheet of paper, a hole punched in a card or a stamp put onto a card Foxx, In addition, tokens provide a visible record of improvement. This may facilitate social reinforcement from staff members, as well as self-reinforcement. Positive reinforcement, via the tokens, can be provided immediately after the target behaviour occurs. A token economy is structured therefore there will be consistency with how positive reinforcement is delivered for target behaviours. Things to Consider with a Token Economy If an economy is being implemented at a large scale , across a group of individuals and settings, it may be time consuming and take a lot of effort to organise and train staff to correctly implement it. Depending on the preferred backup reinforcers, it may be costly to purchase them. Seven Components of a Token Economy Miltenberger , p. The tokens to be used as conditioned reinforcers. The backup reinforcers to be exchanged for tokens. A reinforcement schedule for token delivery. How many tokens are needed to be exchanged for the backup reinforcers. A time and place for exchanging tokens for backup reinforcers. In some cases, a response cost component, in which the undesirable target behaviours to be eliminated are identified, together with the rate of token loss for each instance of these behaviours. One-to-One Token Economy Example Tarbox, Ghezzi and Wilson investigated the use of token economies in an effort to increase the eye contact of a 5 year old boy called Adam who was diagnosed with autism. Tokens to be used: Adam received 1 token every single time he engaged in the target behaviour made eye contact for 3 seconds. Rate of Token Exchange for Reinforcers: It was completed at the classroom desk. A response cost is a penalty or fine where tokens are taken away from the child for breaking rules or engaging in inappropriate behaviours. Much like breaking a law such as driving over the speed limit and being fined money for it by the police. Additionally, a response cost should never be used if a child does not already have tokens. This is because the tokens are not naturally occurring reinforcers. The money you earn by going to

work is a form of conditioned reinforcement because the money itself is not naturally reinforcing. It is the fact that you can use this money to get desired items and activities like a house, food, cars or holidays. To expand a little more, imagine you go to work and get given some plastic tokens at the end of the day. In other words, getting tokens leads to getting a day off work while no tokens means no day off. In the case of school children, the tokens serve as a way of gaining access to preferred items and activities – therefore, getting tokens leads to getting activities and no tokens means no activities. The money earned through employment is a form of generalised conditioned reinforcement because you can buy any number of things with it. This is not always the case though. Sometimes a programme may be implemented where a specific type of token e.

Chapter 3 : Token Economy - Educate Autism

Home Token Economy/With Guide and 10 Charts by Jack R. Alvord, June , Research Press (IL) edition, Paperback in English.

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CBT+ Home Economy Token Guide for Therapists. 1 CBT+ Home Token Economy Guide for Therapists: Example Session Outline and Handouts Below are handouts and an example session outline for introducing and setting up a home token.

Chapter 7 : Token Economies | Be positively reinforced

TOKEN ECONOMY: A PARENT GUIDE _____ Copyright 2011, J. Humphrey Page 1 TOKEN ECONOMY at home, or in the The parents made a chart for the.

Chapter 8 : Home Token Economy

Although sticker charts work well with preschool-age children, a token economy system will work best with older children. Whether you want to get your child to do his chores, follow directions at school, or refrain from hitting when he's angry, reward systems are effective discipline tools.

Chapter 9 : Token Economy in LIFE Skills

Home Token Economy # You can use the chart below to set goals for yourself and to earn tokens or points that can be exchanged for rewards and privileges. The.