



**UK Society for
Behaviour Analysis**

UK-SBA Winter 2021 Speakers' Series

DAY 2: Self-Care for Behaviour Analysts – Dr Jonathan Tarbox

Careers in applied behaviour analysis (ABA) can be simultaneously incredibly rewarding and incredibly challenging. Behaviour analysts are passionate about what we do and this can contribute to the stress and burnout that many of us struggle with. The organizational behaviour management literature is replete with evidence-based practices for creating and maintaining excellent job performance, but relatively little research has been done on behavioural approaches to addressing stress and burnout. Of course, stress and burnout are not mental problems, they involve things we do. That is, stress and burnout involve overt and covert *behaviour-environment relations*, so the science of behaviour analysis should have something to say about them. Acceptance and Commitment Training (ACT) is a behaviour analytic training approach that has research support for improving resilience in other professions and is just now being implemented for this purpose inside of mainstream ABA practice. In addition, research on the mindful self-compassion training model has demonstrated effectiveness in reducing stress and burnout in helping professions. Both of these approaches involve learned self-management skills that are both consistent with behaviour analysis and easily learned and implement in our daily lives. This workshop will describe small self-care changes that we can put into practice in our daily lives in order to help us thrive while we struggle in our lives, as researchers, practitioners, colleagues, and generally as humans.

Learning Objectives

1. Attendees will be able to describe a behavioural functional analytic definition of suffering, in terms of short and long-term aversive contingencies
2. Attendees will be able to describe a behaviour analytic definition of the self
3. Attendees will be able to describe perspective-taking exercises designed to strengthen self-care repertoires
4. Attendees will be able to describe values exercises designed to strengthen self-care repertoires
5. Attendees will be able to describe present moment exercises designed to strengthen self-care repertoires
6. Attendees will be able to make a plan involving at least three small but powerful steps toward behavior change that will enact self-care in their own lives