

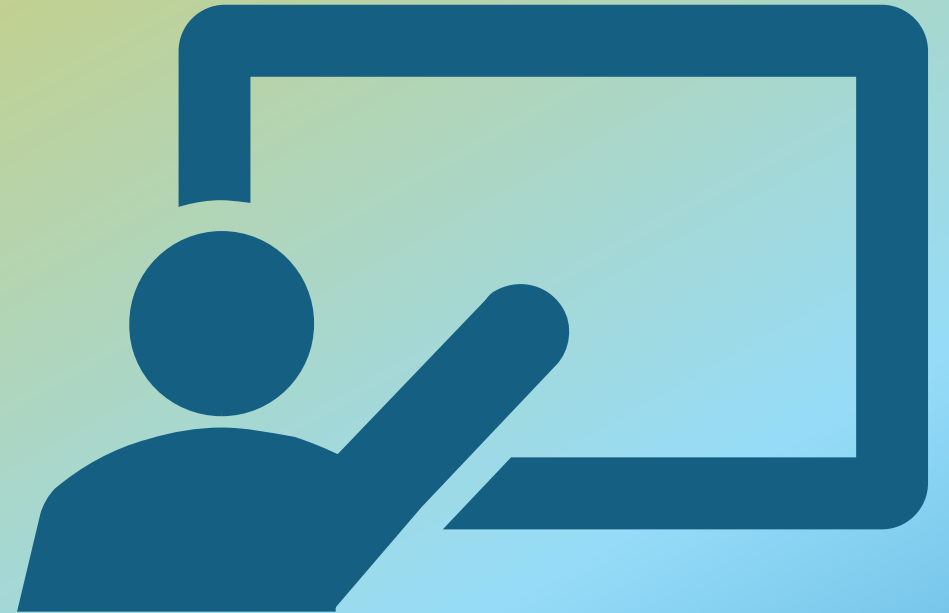
Mylestones Academy

- RBT Training
Instructor: Dr. Nina Boling, BCBA
May 18, 2025



Introduction to Mylestones Academy RBT Intern Training Program

- **Objective:** Overview of training preparation.
- **Contents:**
 - Welcome & Training Goals
 - Schedule Overview (Weeks 1 & 2)
 - Key Tools: Motivity, ABA terms



Our Roadmap

01

WEEK 1 -
MEASUREMENT,
ASSESSMENT,
SKILL
ACQUISITION

02

WEEK 2 -
BEHAVIOR
REDUCTION,
DOCUMENTATION,
ETHICS

03

OBJECTIVES -
PRACTICAL,
ETHICAL, AND
ANALYTICAL
SKILLS

Mylestones Academy – 2 Week Agenda Overview

Week 1

Monday: Measurement Part 1 (Continuous Measurement)

Tuesday: Measurement Part 2 (Discontinuous Measurement, IOA, Graphing)

Wednesday: Assessment Part 1 (Preference Assessments, ABC Data)

Thursday: Assessment Part 2 (Functional Behavior Assessment, Definitions)

Friday: Skill Acquisition Part 1 (DTT)

Week 2

Monday: Skill Acquisition Part 2 (NET, Generalization)

Tuesday: Behavior Reduction Part 1 (Functions, BIPs)

Wednesday: Behavior Reduction Part 2 (DRA, Extinction, Safety)

Thursday: Documentation & Reporting (Notes, Compliance)

Friday: Ethics & Final Review (Exam Prep, Signoffs)

Monday

Measurement – Continuous (Part 1)

Frequency: Number of occurrences of a behavior.

- *Example:* Child says “hi” 6 times in 10 minutes.
- *Use in Motivity:* Track each occurrence with a tap.

Duration: Total time a behavior occurs.

- *Example:* Crying lasts for 5 minutes.
- *Use in Motivity:* Use timer feature to measure total time.

Latency: Time from instruction to behavior.

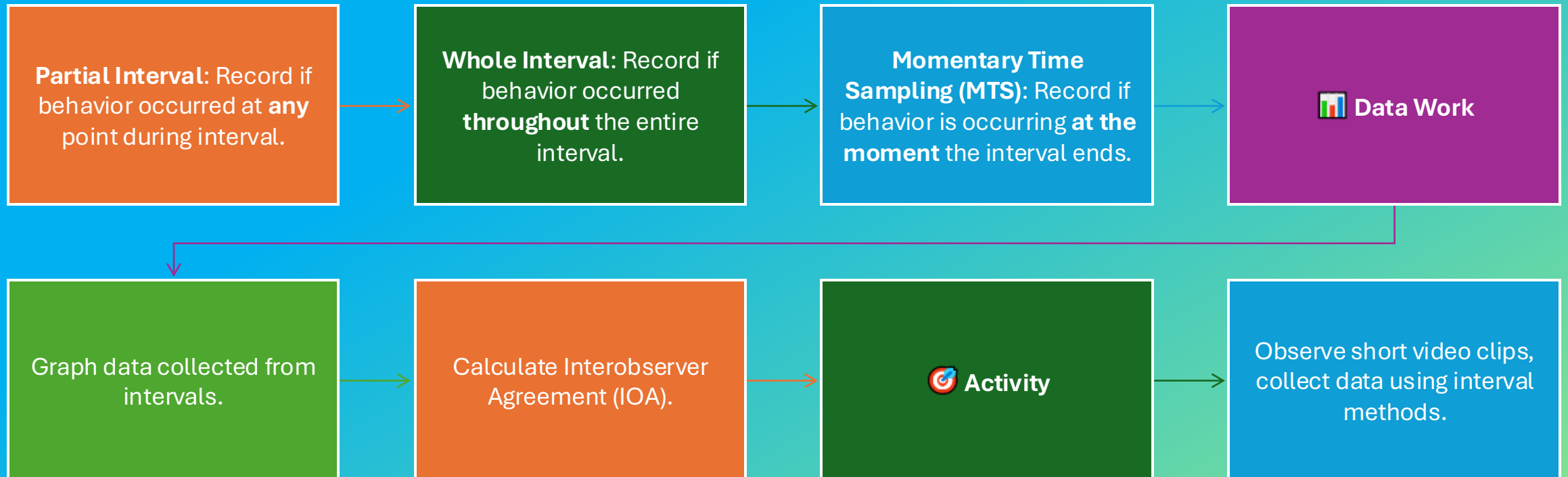
- *Example:* Child takes 3 seconds to start brushing teeth after prompt.
- *Use in Motivity:* Start timer at instruction, stop at response.

Interresponse Time (IRT): Time between instances of a behavior.

- *Example:* 12 seconds between bites during snack.
- *Use in Motivity:* Measure time between responses.

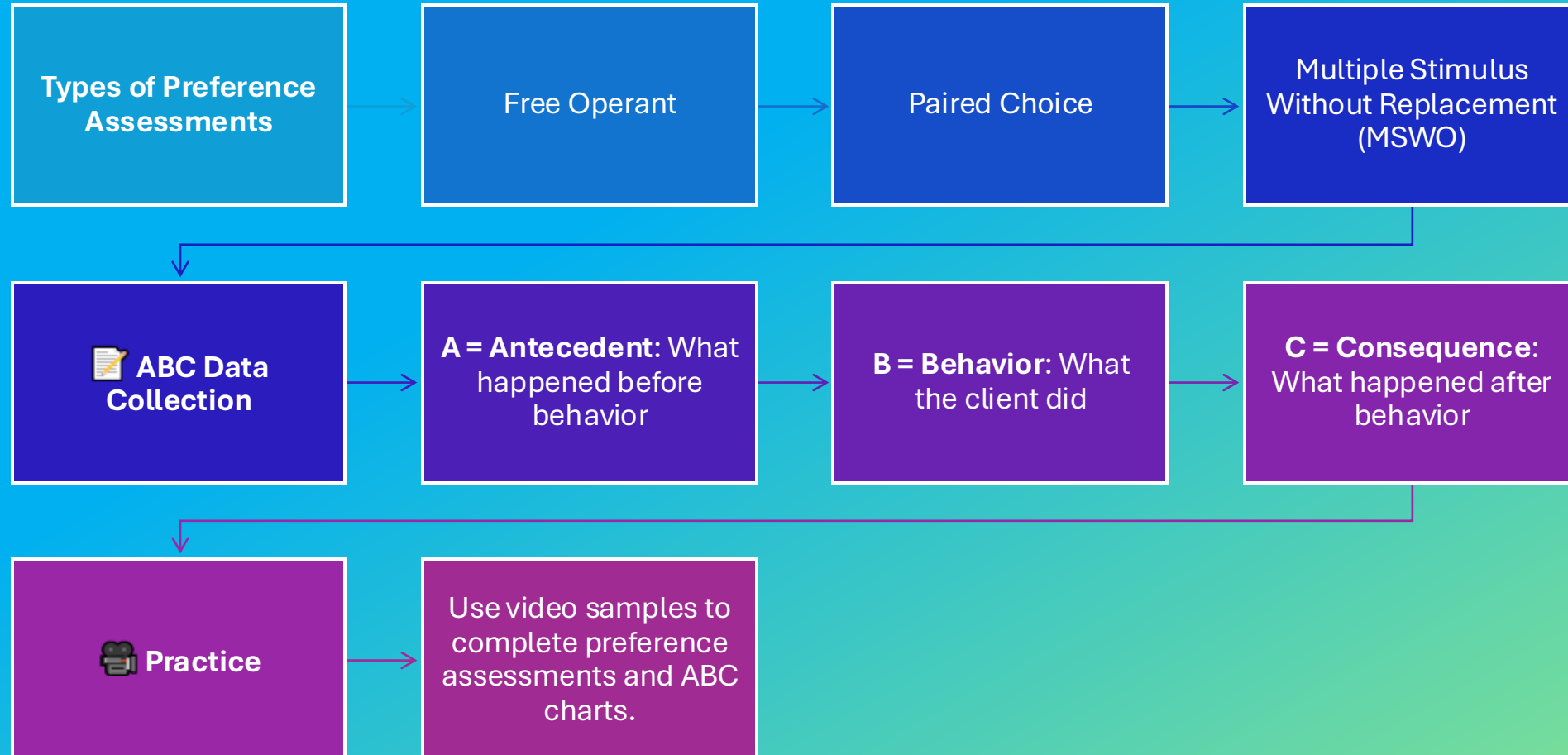
Tuesday

Measurement – Discontinuous (Part 2)



Wednesday

Assessment (Part 1) - Preference & ABC Data



Wednesday

Preference Assessments (cont'd)

Free Operant: Observe what items the individual engages with when given free access to many items.

Example: A child is placed in a playroom for 10 minutes with 5 toys. The observer records that the child spends 6 minutes playing with a toy truck.



Paired Choice: Present two items at a time and record which one is chosen.

Example: Present bubbles and a car. If the child chooses bubbles, you mark that selection. Rotate through all possible pairs.

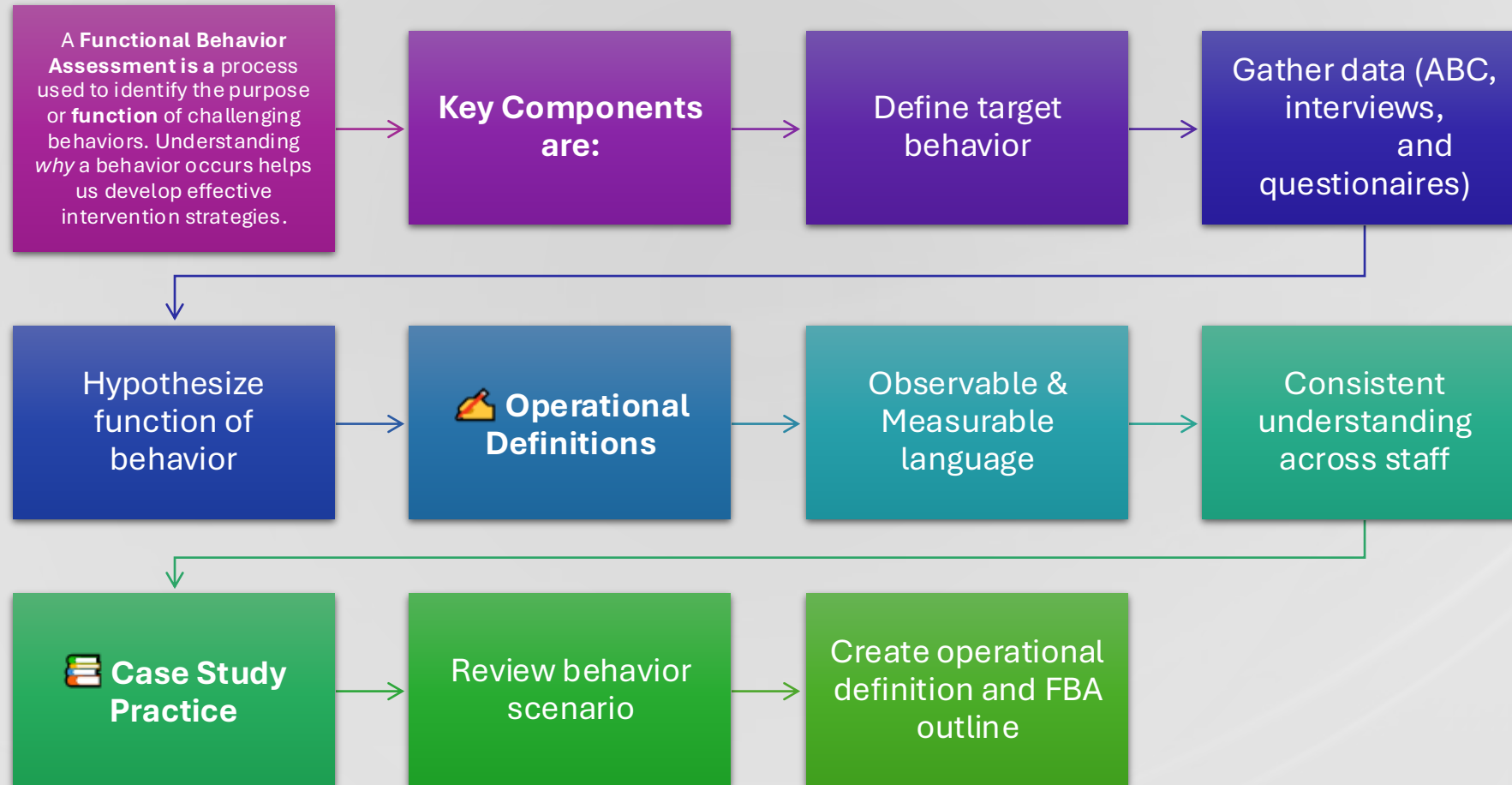


MSWO (Multiple Stimulus Without Replacement): Present multiple items, and once an item is chosen, it is removed from the array. Continue until all are selected.

Example: Present 5 items: bubbles, play-doh, ball, book, and puzzle. Child picks ball, ball is removed, then the next trial begins with the remaining 4.

Thursday

Assessment (Part 2) – FBA & Definitions



Functional Behavior Assessment (FBA)

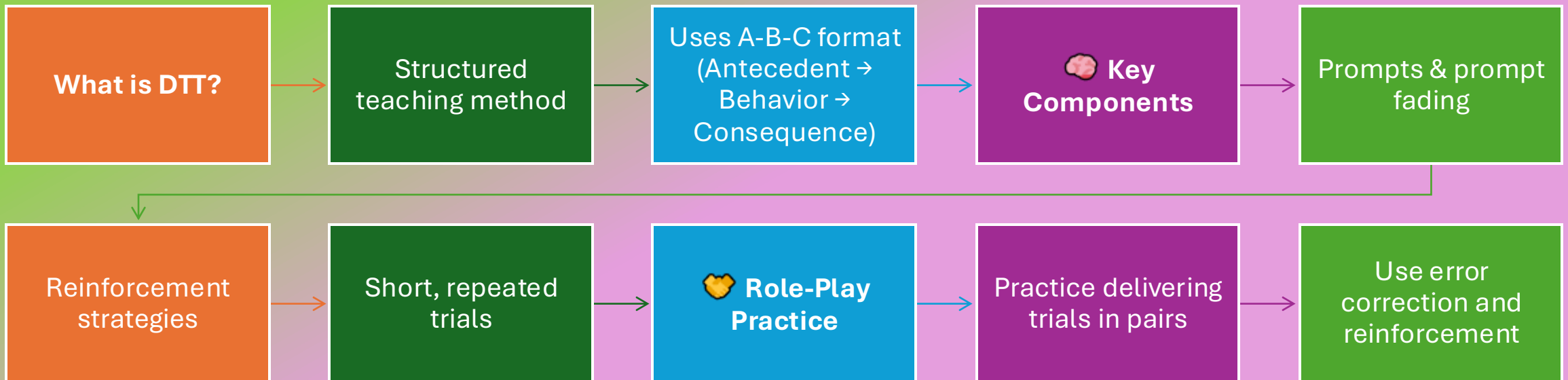
Case Study Practice

- Read a short behavior scenario
- Identify:
 - Target behavior
 - ABC data
 - Likely function
 - Draft an operational definition
 - Create a summary statement



Friday

Skill Acquisition (Part 1)– DTT



Monday - Week 2

Skill Acquisition (Part 2) – NET & Generalization



What is NET?



Natural Environment Teaching uses play-based and natural interactions



Promoting Generalization



Across people, settings, materials, and responses



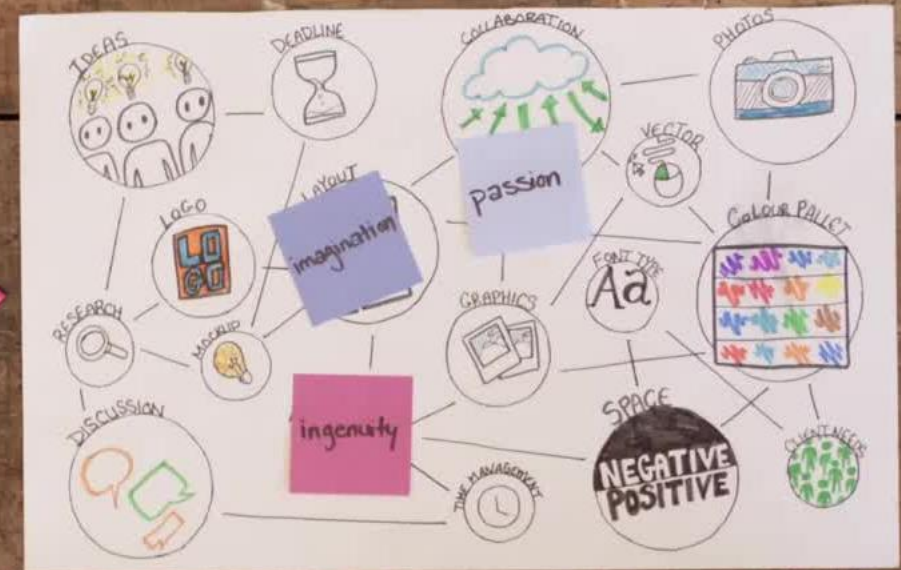
Practice Activity



Design a NET session in groups



Teach skill across varying contexts



Tuesday –Week 2

Behavior Reduction (Part 1) – Functions & BIPs



Wednesday – Week 2
Behavior Reduction
(Part 2)– DRA,
Extinction, Safety
Differential
Reinforcement Types

DRA: Reinforce alternative behavior

DRO: Reinforce absence of behavior

DRI: Reinforce incompatible behavior

 **Extinction**

Withhold reinforcement for problem behavior

 **Safety Protocols**

Emergency & crisis procedures

Team response strategies

Thursday – Week 2

Documentation & Reporting



Writing Objective Notes

- Describe what occurred
- Avoid opinion or assumptions



Incident Reporting

- What happened, who was present, what was done
- Complete within 24 hours



Communication Logs

- Track key updates to/from caregivers or team

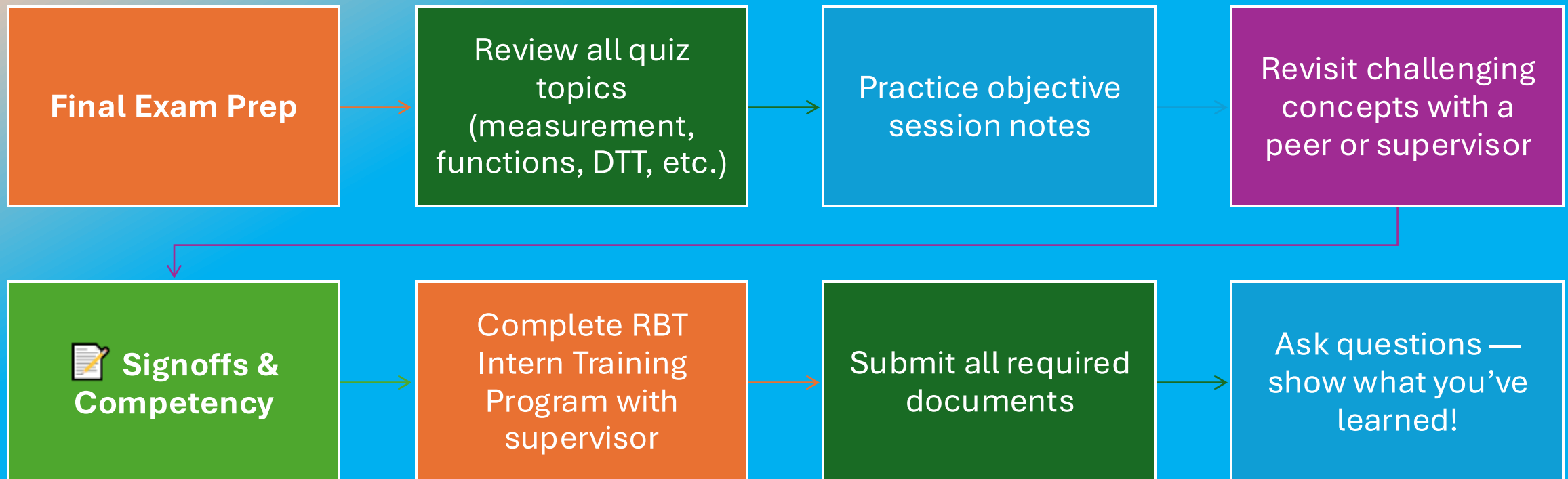


Practice

- Complete sample session note and incident form

Week 2 – Friday

Ethics & Final Review (Exam Prep, Signoffs)



Additional information on the final review.



Ethics First:

As an RBT, always protect your client's dignity and confidentiality. Avoid dual relationships — that means no expensive gifts or social media connections. When in doubt, ask your supervisor. Following the Ethics Code 2.0 means knowing when to seek guidance.



Exam Prep Tips:

You've covered data collection, behavior functions, reinforcement, DTT, and NET. Review any areas you struggled with — your quiz sheet is a great study tool. Pair up with a peer, and practice writing objective session notes — it's a real-world skill you'll use daily.



Next Steps:

Make sure your Competency Assessment is done with your BCBA. Double-check all paperwork, and ask any final questions before testing.

Learning Objectives



DEFINE CONTINUOUS MEASUREMENT (FREQUENCY, DURATION, LATENCY, IRT)



IDENTIFY EXAMPLES OF EACH MEASUREMENT TYPE



PRACTICE DATA COLLECTION USING PLAY/LANGUAGE SAMPLES



APPLY DEFINITIONS IN MOTIVITY SOFTWARE

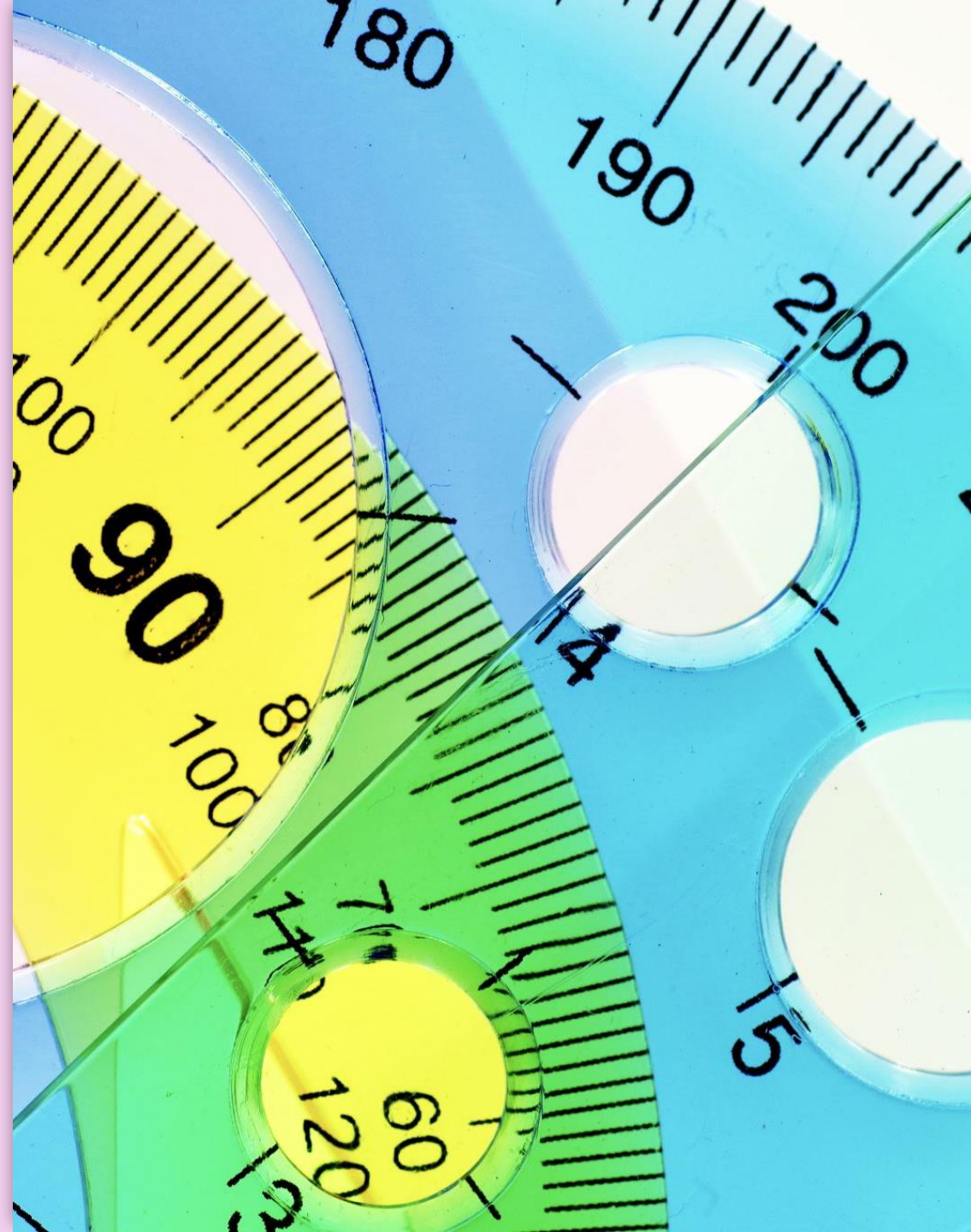


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BEHAVIOR BUILDERS
— EST. 2023 —

Matching Activity

Match each scenario to the correct **measurement type**:

- Frequency
- Duration
- Latency
- Interresponse Time (IRT)



Motivty Integration Practice

1

Log frequency data using the **+ tap** button.

2

Use **timers** to track duration.

3

Customize **latency and IRT settings** for specific targets.

Key Terms Drill

Review and define each:

Frequency: How many times a behavior occurs.

Duration: How long a behavior lasts.

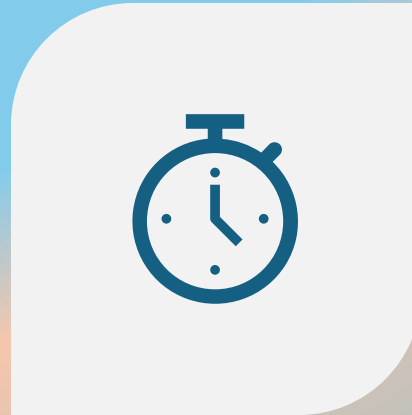
Latency: Time between instruction and behavior.

IRT: Time between two instances of a behavior.

Mock Data Collection



WATCH A VIDEO SAMPLE
(LANGUAGE/PLAY).



TRACK **FREQUENCY** AND
DURATION.



REVIEW DATA AND
INTERPRETATION WITH A PEER.

Quiz Prep Tip

- Sample Question: *Which measurement type tracks how long a behavior lasts?*
Tip: Review key terms before your quiz to build confidence and accuracy!



Conclusion

- As we wrap up, we'll review the ethical guidelines that govern RBT practice, including maintaining boundaries, client dignity, and confidentiality. We'll walk through scenarios that test your judgment and professionalism. Then we'll take a final practice quiz and discuss any remaining questions before your formal competency assessment. You've worked hard—now let's make sure you're ready for the next step in your career as an RBT intern at Mylestones Academy Training Program.