

The “Narrative of Choice”: Examining the effectiveness of strengths-based behaviour support approaches in a disability context

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Contents

- Evidence and theory behind the “Narrative of Choice”
- The Narrative of Choice research project
- Outcomes (statistical and clinical)
- Implications and opportunities

Evidence of Effect within Behaviour Support Literature

- There has been no consistent improvement in challenging behaviour since deinstitutionalisation. (Emerson & Hatton, 1996; Kim, Larson & Lakin, 2001; Lynch, Kellow & Willson, 1997; Young, Ashman, Sigafoos & Grevelle, 2000).
- Applied behavioural analysis can work like a dream or can fail completely (Remington, 1998). Changes achieved through committed behaviour support, cannot always be maintained once the experts leave (Ager, 1991; Ager & O'May, 2001).

Evidence of Effect

- Over time carers most often attribute challenging behaviours to client's emotional states (Bromley & Emerson, 1995; Cottle, Kuipers, Murphy & Oakes, 1995; Oliver, Hall, Hales & Head, 1996).
- This common theme of control (Allen, 1999) conflicts with the current preference for external causation (Allen, 1999; Allen, 2000).
- Carer's emotional and cognitive reactions to client aggression, influences their attributions (Wanless & Jahoda, 2002).
 - The most significant cause of carer stress is the wearing nature of challenging behaviour over time (Bromley & Emerson, 1995).

Evidence of effect

- Simply training direct care staff is an ineffective strategy for change (Holburn, 1997; Clements, 1993).
- Including carers as partners rather than technicians improves the effectiveness of the behaviour support process (Allen, 1999).
- *The provision of choice opportunities, significantly reduced occurrence of problem behaviours* (Shrogen, Faggella-Luby, Bae, Wehmeyer, 2004).

Theoretical Underpinnings

- Strength based approaches.
 - Post modern social constructivist perspective.
 - Common element a focus upon strengths rather than deficits.
 - Strengths leading to solutions rather than deficits leading to problems (Maton, et al, 2004)
 - Person in need is the source of solutions to these problems (Maton, et al, 2004).

Theoretical Underpinnings

Landscapes of Action and Consciousness

Landscape of Action

who, what, when, where and how Bruner (1986).

Behaviourist approaches

Landscape of Consciousness

what those involved in the landscape of action know, think,
or feel (Freedman & Combs, 1996).

Strength Based Approaches

**Landscape of action can only have meaning if it
evolves through the landscape of
consciousness** (Freedman & Combs, 1996)

The Narrative of Choice Research Project

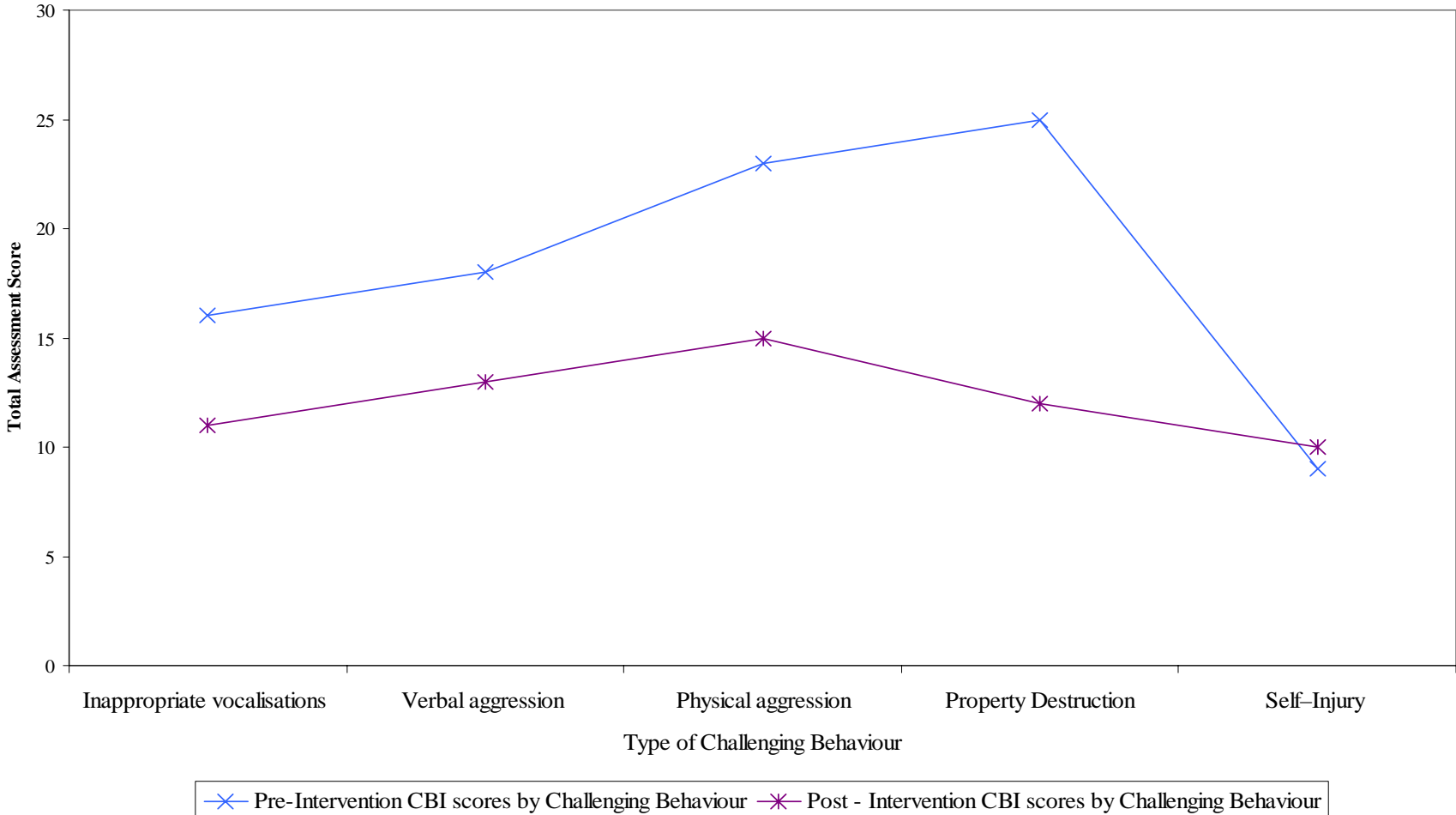
Aim - to provide preliminary evidence as to the effectiveness of the Narrative of Choice intervention.

- Single subject clinical practice case study design.
- *Choice* is key intervention theme
 - Structured reflection of either/or choices linked to challenging behaviour and to preferred positive alternative
 - Choices developed - ‘angry’ and ‘coping’.
 - Range of options available to support reflection
- Ethically endorsed behaviour support plan (DSQ SBSM)

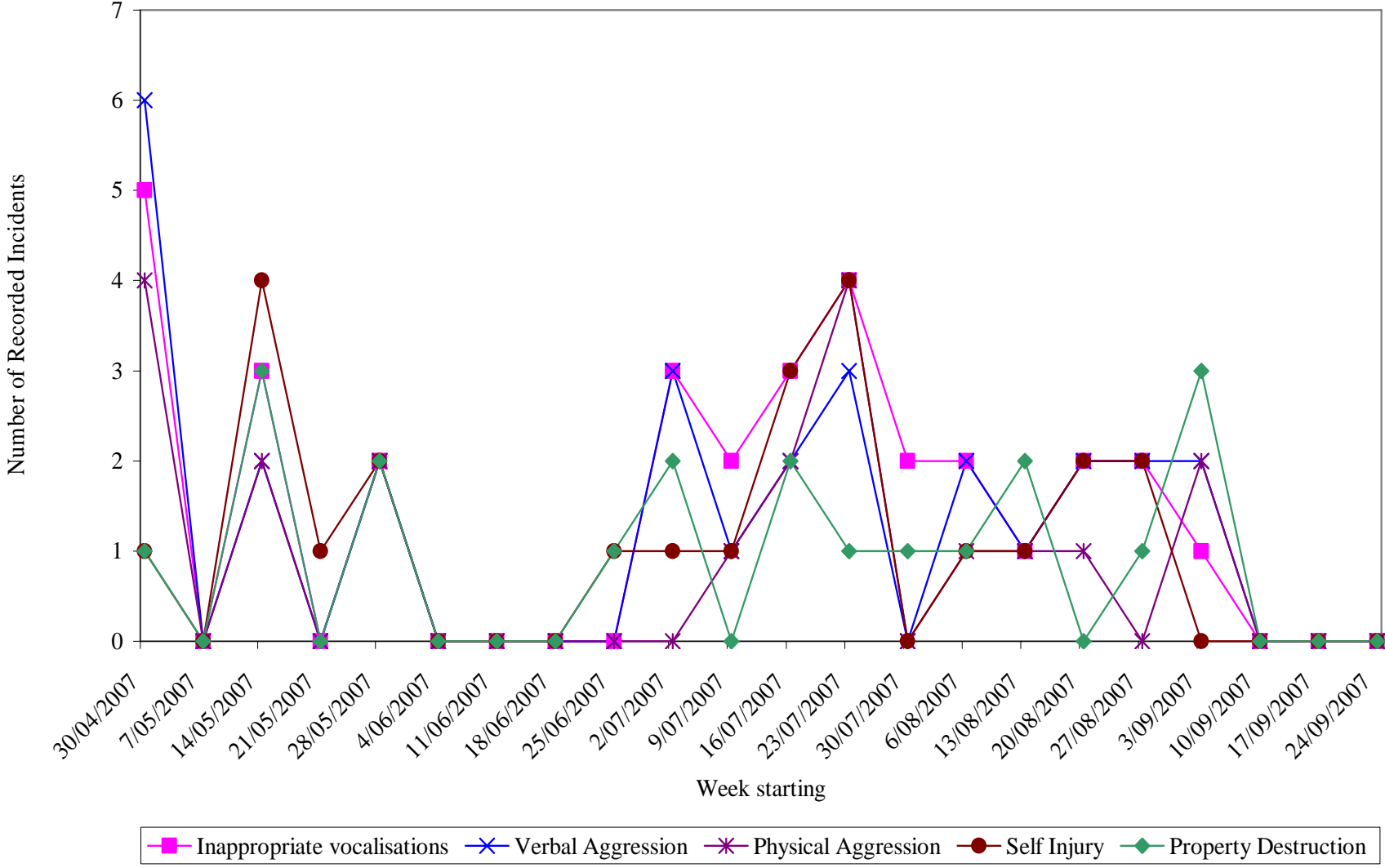
The Narrative of Choice research project

- Two Statistical Hypotheses
 1. Narrative of Choice will result in significant improvement in the frequency and severity of challenging behaviours
 2. Supported daily reflection will result in an increase in nominated positive choice
- Intervention effectiveness assessed by
 - Pre and post outcome comparison (CBI) (Oliver, Hall, Hales & Head, 2003)
 - Time series analysis of process measures (Tryon, 1982).

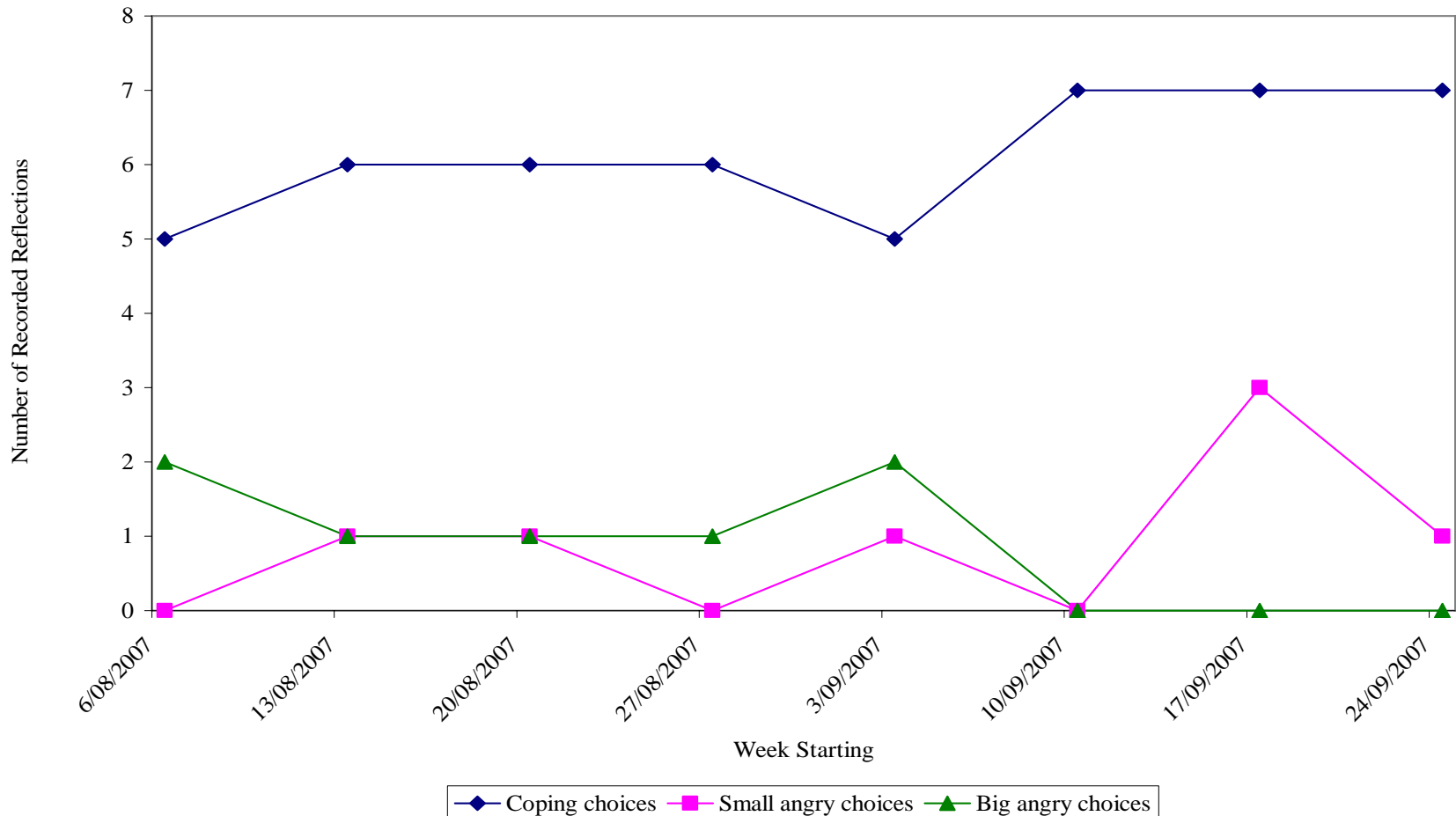
Results – Outcome Measures



Results - Process Measures



Results - Process Measures



Outcomes

- Neither hypothesis statistically supported.
 - This is similar to many other behaviour support studies (Ager, 1991; Ager & O'May, 2001; Allen, 1999; Allen, 2000; Kim, Larson & Lakin, 2001; Remington, 1998).
- Clinical trend of improvement (eg increased evidence of coping choices).
- Evidence strengths based approaches can be incorporated into current positive behaviour support methods.



Implications and Opportunities

- Expansion of Narrative of Choice research
- Comparative research against current Behaviour Support interventions
- Complementary incorporation of allied professional supports
 - Augmentative communication systems to support active reflection of choice & meaning for people with a disability and challenging behaviours



Implications and Opportunities

- Expanding how challenging behaviours are functionally assessed
- Incorporation of strengths based behaviour interventions with current positive behaviour support methods
 - Practical resources to aid behaviour support interventions
 - Training programmes to mentor and train professionals and carers



Implications and Opportunities

- **An innovative new direction
in the field of Behaviour
Support**

Discussion

Questions and Answers

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For more information

Google 'strengths based behaviour support'