

Affordable ABA

Caregiver Training

1. Which of the following is not a benefit of caregiver training?

- A. Promoting generalization
- B. To show caregivers how ABA is superior to other treatment options
- C. Ensuring maintenance of skills
- D. Consistency across settings

2. Caregiver "buy-in" refers to:

- A. When a caregiver agrees to 40 hours per week of ABA
- B. When a caregiver disagrees with treatment recommendations
- C. The degree to which the caregiver trusts the clinician and agrees to treatment recommendations
- D. All of the above

3. The ABA team observes an increase in aggressions during therapy sessions, while caregivers report a decrease in the home environment. This is an example of _____.

- A. Behavior contrast
- B. Behavior reinforcement
- C. Contrasting reinforcement
- D. behavior modification

4. When selecting caregiver goals, which of the following should be of highest priority?

- A. Goals that result in benefit to the child's school team
- B. Goals that result in benefit to the parents
- C. Goals that result in benefit to the child
- D. Goals that result in benefit to peers

5. What is the difference between reinforcement and bribery?

- A. Bribery and reinforcement are the same
- B. Bribery results in more positive outcomes
- C. Bribery consists of an offering of money, while reinforcement does not
- D. In bribery, the stimulus is provided before the behavior, while in reinforcement, the stimulus is provided contingent on the behavior occurring.

6. Caregivers can promote generalization via which of the following ways?

- A. Conduct maintenance checks monthly
- B. Implement training procedures with new stimuli and in new settings
- C. Provide a more dense schedule of reinforcement
- D. Teach new skills at a table

7. What is one antecedent modification that caregivers should be trained on?

- A. Altering motivating operations
- B. Using punishment
- C. VR3 schedule
- D. None of the above

8. What are the four steps to BST?

- A. instruction, implementation, role-play, rehearsal
- B. Implementation, modeling, role-play, feedback
- C. Implementation, instruction, modeling, feedback
- D. Instruction, modeling, rehearsal, feedback

9. What occurs after the 4th step of BST?

- A. Discontinue goal
- B. Master goal
- C. Repeat steps if learner did not yet demonstrate competency
- D. Repeat all steps 3 more times

10. How many components are there in the ACT Hexaflex?

- A. 2
- B. 1
- C. 4
- D. 6

11. Another term for present moment awareness is _____

- A. mindfulness
- B. cloudy awareness
- C. free association
- D. thinking

12. Per the concept of defusion, thoughts are _____.

- A. Environmental stimuli that control behavior
- B. Environmental stimuli that do not control behavior
- C. not behavior
- D. External verbal stimuli

13. When might caregiver training "homework" not be assigned?

- A. Homework must always be a component of training
- B. When it's likely to result in increased stress and/or minimal benefit to the client and family
- C. Homework should never be a component of training
- D. When you want a caregiver to like you

14. What is the main focus of ACT?

- A. Reducing psychological flexibility
- B. Teaching new skills
- C. Increasing psychological flexibility
- D. Troubleshooting barriers to effective care

15. In ACT, a committed action is one that is aligned with your:

- A. Values
- B. Beliefs
- C. Biases
- D. Preferences

16. Telehealth is a _____

- A. Separate healthcare entity or service
- B. A mode of delivering healthcare services
- C. A one size fits all approach to caregiver training
- D. non-evidence based approach

17. Which is not one of the benefits to telehealth caregiver training?

- A. The BCBA and caregiver can slack off/not work as hard
- B. Access to care for waitlisted families
- C. Access to care for rural families
- D. Access to care for families experiencing covid or other illnesses

18. Which modality of telehealth do most insurance providers authorize?

- A. Asynchronous video trainings
- B. Text communication
- C. Synchronous audio-visual communications
- D. Email communication

19. Which ethical code would require behavior analysts to assess whether they are adequately trained for providing telehealth based caregiver training?

- A. 2.07 Fees
- B. 1.13 Coercive and exploitative relationships
- C. 1.05 Scope of competence
- D. 1.01 Being truthful

20. How often should behavior analysts monitor caregiver training progress?

- A. On an ongoing basis
- B. At each 6 month review
- C. Monthly
- D. Quarterly

21. Each caregiver training session should have a planned _____.

- A. Curriculum
- B. Structure
- C. homework assignment
- D. All of the above

22. What is one antecedent strategy to reduce cancellations and no shows for caregiver trainings?

- A. Schedule sessions on an ongoing basis for the same day and time
- B. Discontinue services if the family cancels
- C. Reduce frequency
- D. Increase frequency

23. What CPT code is associated with caregiver training?

- A. 97151
- B. 97153
- C. 97155
- D. 97156

24. If a family does not have access to resources necessary for training to be provided via telehealth, how should the BCBA proceed?

- A. Refuse services
- B. Support the family by providing email training instead
- C. Support the family by directing them toward resources in their area
- D. None of the above

25. Which of the following is not a factor when evaluating the progress in caregiver training?

- A. Caregiver's skill acquisition rate
- B. Client's skill acquisition rate
- C. The effects on the family unit
- D. Whether the BCBA thinks the caregiver is a "good parent"

26. If a caregiver is making minimal to no progress in caregiver training goals, who's responsibility is it to make modifications?

- A. The caregiver
- B. The client
- C. The BCBA
- D. The caregiver, client and BCBA equally

27. In BST, during which step would a video model of a chaining procedure be presented?

- A. 1st
- B. 2nd
- C. 3rd
- D. 4th

28. The six points in ACT are referred to in the _____.

- A. Octaflex
- B. Hexaflex
- C. Flexi six
- D. Six core values

29. One ACT values-exploration is:

- A. The one wish
- B. The shout out
- C. The defusion procedure
- D. The three wishes

30. What has been demonstrated to reduce the overall costs of autism-related therapies?

- A. 10 hours/week of direct care
- B. Caregiver training combined with 1:1
- C. Supervision at 5%
- D. Starting therapy after 7

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