

Positive Behavioral Outcomes, LLC

BACB ACE Provider OP-16-2689

Session 16: The Ethics of Self-Care with Dr. Pat Friman

Dear fellow Behavior Analyst,

In order to prepare for a panel discussion on practitioner self care, some colleagues and I conducted an admittedly unscientific survey of BCBA's in the northern New England area. We learned that almost 50% of respondents indicated that their jobs had adversely affected their personal lives, and almost 1/3 reported persistent feelings of anxiety or depression. It was truly eye opening.

Code Element 105 (f) in the BACB Professional and Ethical Compliance Code states the following:

Behavior analysts recognize that their personal problems and conflicts may interfere with their effectiveness. Behavior analysts refrain from providing services when their personal circumstances may compromise delivering services to the best of their abilities.

As such, we as practitioners have an obligation to better understand the private and public events that can potentially cause us to run afoul of this aspect of our compliance code.

In Session 16 of The Behavioral Observations Podcast, I interview Dr. Pat Friman, who is the Vice President of Behavioral Health Services at BoysTown in Omaha, Nebraska. In this episode we discuss behavior analytic interpretations of common mental health challenges, including anxiety and depression. Pat helps us differentiate circumstances when it is normal, and even healthy, to experience these private events, and when it is appropriate to seek treatment. We also discuss practitioner stress and burnout. As only he can do, Pat provides great advice with an entertaining and easily understandable delivery.

There is 1 Type 2 Continuing Education credit earned for participating in this event. ***This counts as an Ethics Continuing Education Credit.***

Objectives of this training:

1. The learner will be able to describe behavioral symptoms of anxiety.
2. The learner will be able to describe behavioral symptoms of depression.
3. The learner will be able to identify circumstances when it is both appropriate and healthy to experience anxiety.
4. The learner will be able to identify one strategy for avoiding or mitigating burnout.

Instructions for this event:

1. This event requires listening to Session 16 of The Behavioral Observations Podcast. You can find the podcast at the following locations*
 - a. iTunes: <https://itunes.apple.com/us/podcast/behavioral-observations-podcast/id1086413253?mt=2>
 - b. Stitcher Radio: <http://www.stitcher.com/podcast/matt-cicoria/the-behavioral-observations-podcast-with-matt-cicoria/e/session-16-pat-friman-is-back-48341059>
 - c. The Behavioral Observations Podcast website: <http://www.behavioralobservations.com/session-16-pat-friman-back/>

*You may need to cut & paste these URL addresses into your browser.
2. Check your email for a link to a quiz, take the quiz in order to demonstrate attendance.
3. Download the certificate of completion.
4. Save all materials, including emails confirming purchase.
5. Optional: complete C.E. feedback survey, again you may need to cut and paste this URL into your browser: (<https://goo.gl/forms/vA1Uyd5hsCcCdZAG2>)

Thank you so much for participating in this Type 2 Continuing Education event. If you have any questions about this event or anything else related to the podcast, please feel free to email me at Matt@behavioralobservations.com!