

Positive Behavioral Outcomes, LLC

BACB ACE Provider OP-16-2689

Session 179, What is Behavioral Relaxation Training?
Instructor: John Michael Guercio, Ph.D., BCBA-D, LBA, NADD-CC

CE Offering: 1.5

Dr. John Michael Guercio joins me again to discuss a topic that we briefly covered in his last appearance; Behavioral Relaxation Training.

In this show, John does a deep dive into this work, drawing on the research of Drs. Roger Poppen, Duane Lundervold, and of course John himself.

Along with the aforementioned Drs. Poppen and Lundervold, John is the co-author of the third edition of the text, [*Behavioral Relaxation Training*](#). He is also the author of [*Assessment of Adult Core Competencies: Teaching Skills to Adults with Autism and Severe Behavioral Challenges*](#), which we discussed at length in his earlier appearance in [*Session 140*](#).

We discuss how BRT was developed, its current applications, and the training required to do it. We also spent a good deal of time talking about becoming trained to implement BRT, scope of practice issues, and protecting client safety. So in case we were not clear in the discussion, if this is something you'd like to do, please seek out the appropriate training and supervision.

Here are links to resourced mentioned in the show:

- The movie, [Paper Tigers](#)
- [Stillness Speaks](#), by Eckhart Tolle
- [NADD Accreditation Programs](#)
- [Why Behavior Analysts Should Study Emotion: the example of anxiety](#). (Friman, Hayes, and Wilson, 1998)
- John's [ABAI bio sketch](#) (with email contact link)

Resources discussed in this episode:

- [The Body Keeps the Score](#): Brain, Mind, and Body in the Healing of Trauma*
- [Toxic Childhood Stress](#)*
- [Compassionate Care in Behavior Analytic Treatment](#). Taylor, LeBlanc, and Nosik (2018).
- Centers for Disease Control [ACES page](#).

Instructions for this event:

1. Listen to Session 179 of The Behavioral Observations Podcast. [This link](#) takes you to a page where you can access this episode via Spotify, Apple Podcasts, and YouTube; along with streaming the show directly from the website (or click your choice of platforms below).
2. Listen on:
 - a. [Google Podcasts](#)
 - b. [Spotify](#)
 - c. [Apple Podcasts](#)
 - d. [YouTube](#)
3. [Purchase the CE](#). This will require creating an account for first time purchases, or logging in for returning customers.

4. Check your email for a link to a quiz.
5. Take the quiz in order to demonstrate attendance. NOTE: prior to taking the quiz, you will be prompted to enter your name and BACB Certificant #. ***Please enter your name in the way you want it to appear on your CE attendance certificate.*** This is important because some customers will occasionally enter their user names into this field, and in the event of a CE audit, the BACB will likely refuse to accept documentation with incorrect names.
6. Download the certificate of completion.
7. Save all materials, including emails confirming purchase.
8. Optional: complete C.E. feedback survey, again you may need to cut and paste this URL into your browser: (<https://goo.gl/forms/vA1Uyd5hsCcCdzAG2>).

PS – please note that your participation certificate is emailed to you at the successful completion of the quiz. I have had some customers' emails get lost in their spam/junk filters. If you do not receive an email with a link to your downloadable participation certificate, please check your spam folder first, and then reach out at the email below if it is not there.

Thank you so much for participating in this BACB 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!