Removing Restrictions:

Evidence from Clinical Literature Using Multi-Element Behaviour Support

Paper presented at the ASID 2025 Conference

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Acknowledgment of Country

We acknowledge the Gadigal people of the Eora Nation, the traditional custodians of the land on which we are meeting on today.
We pay our respects to Elders past and present.

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Welcome!

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Overview

- Multi-Element Behaviour Support (MEBS)
- Restriction and Restrictive Practice (RPs)
- MEBS in Action to Remove Restriction

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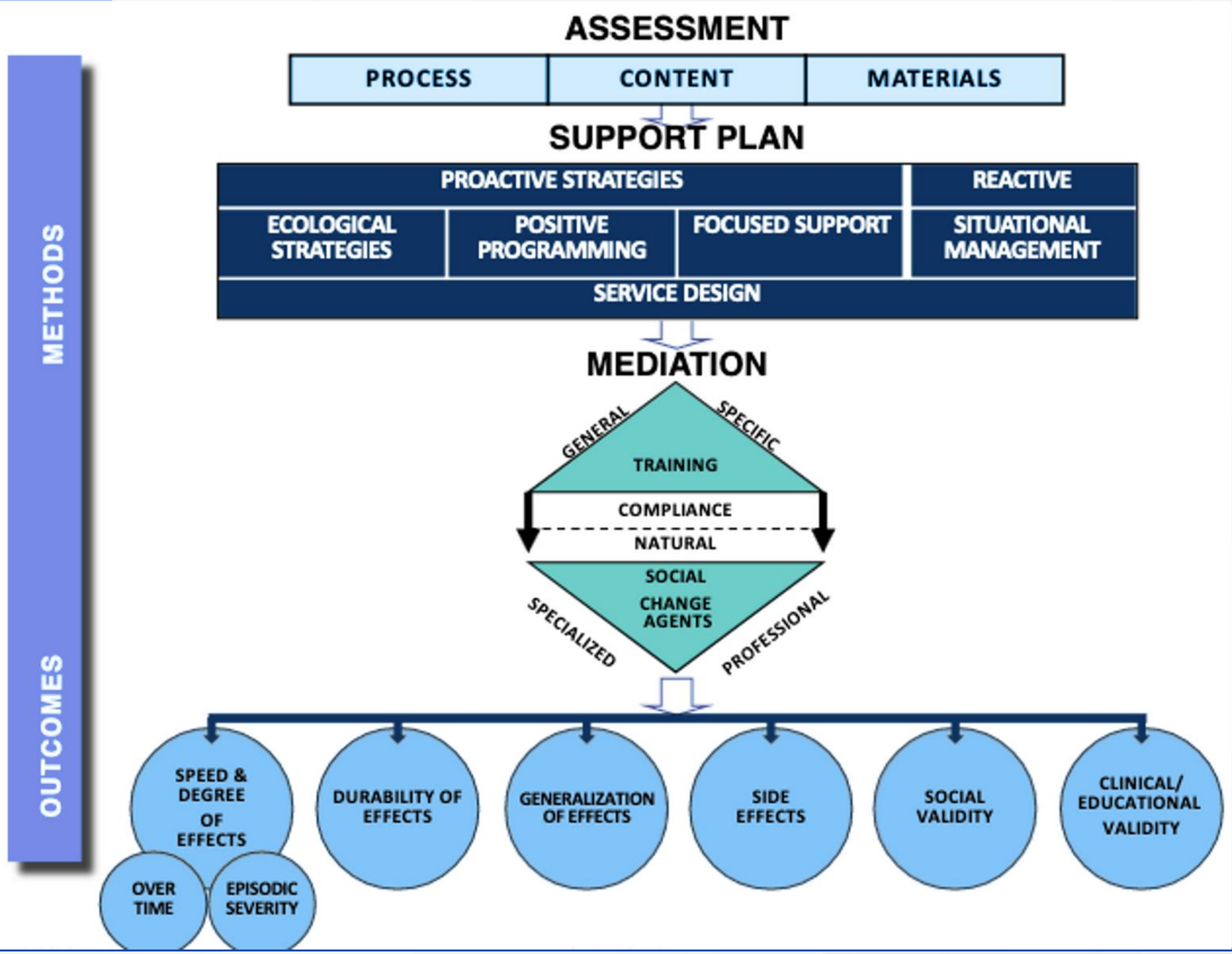
MEBS Framework

LaVigna & Willis (2005)



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MEBS

Constructional (Goldiamond, 1974)

- "An orientation whose **solution** to problems is the c**onstruction of repertoires** (or their reinstatement or transfer to new situations) rather than the elimination of repertoires"
- Finding solutions, constructing desirable **outcomes**, establishing **goals**, building on current repertoires
- Individualised supports and **participant-driven** decision-making

Critical reinforcer

- A consequence preferred in all choice situations
- High density reinforcement

Functional assessment

- Critical to acting with empathy, understanding the person's needs and communication, and constructing **safety**-recovery-teaching **plans**

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Strengths of MEBS – A Constructional, Nonlinear Framework for Behaviour Support

Socially valid

- Goals, procedures, outcomes
- Person-centred values

Sustainable

- Building then maintaining and generalising
- “Cost” (effort, access to reinforcement) is less for alternatives

Compassionate

- Recognizes that behavior is often the best or only available choice in context
- Avoids pathologising people
- Nonaversive

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Restriction and Restrictive Practices

Autonomy	Mechanical Restraint
Dignity	Physical Restraint
Home	Environmental Restraint
Community	Chemical Restraint
Quality of Life	Seclusion

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Removing Restriction with MEBS

Reconsidering Situational Management

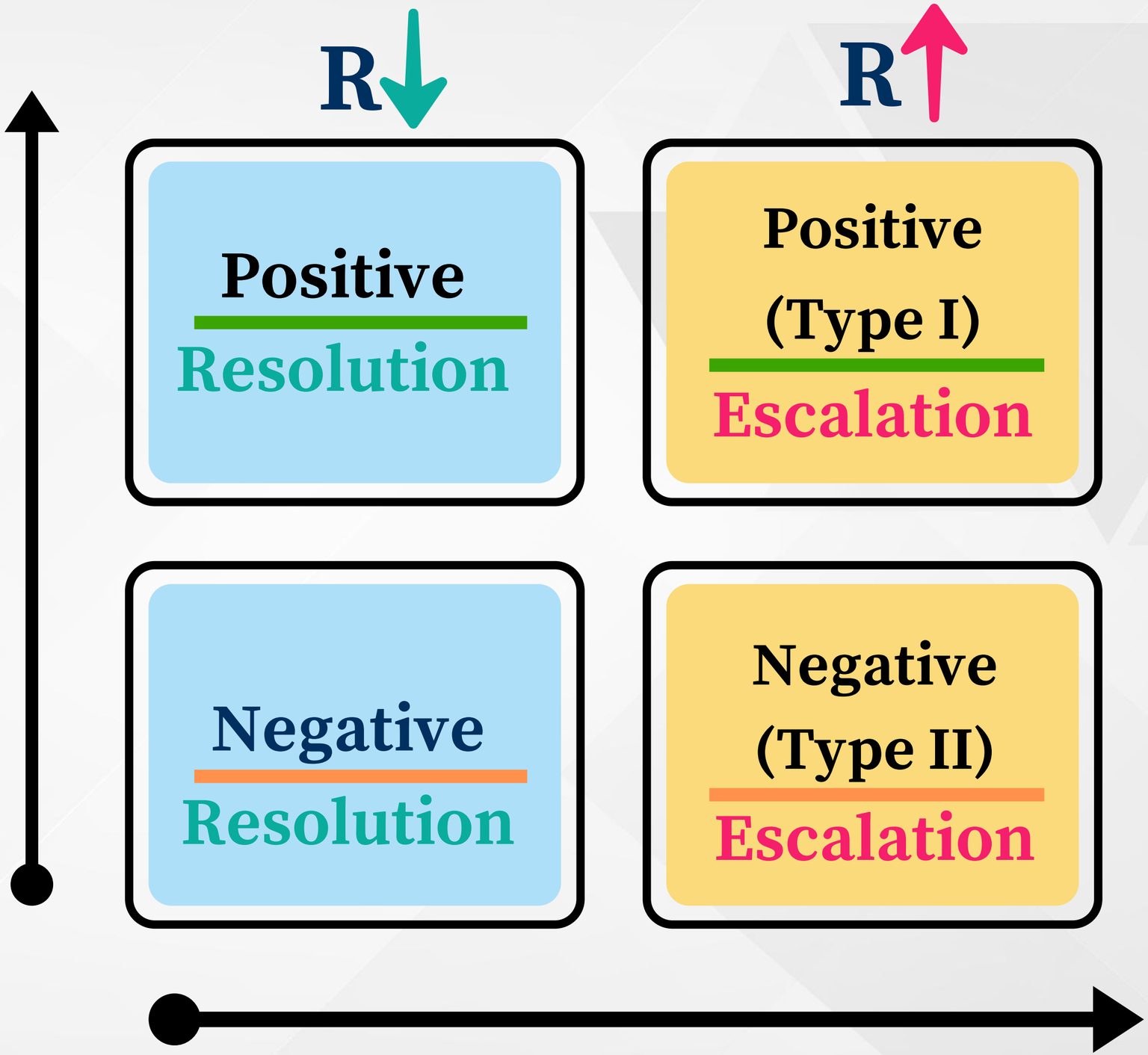
Multielement Behaviour Support Plan

Proactive Strategies - *Future* Effects		Reactive Strategies - *Situational* Effects	Proactive Strategies - *Future* Effects
Ecological Strategies	**Focused Support**		**Positive Programming**
Physical Interpersonal Programmatic	Antecedent Control Differential Schedules	Functionally Based Non-Functionally Based Other	Quality of Life – Fun Functional Equivalent Skills – Replacement Functionally Related Skills Coping and Tolerance
Mediators			
Skills Knowledge Supervision Attitudes Experience Well-being Monitoring Self-Control Training			

Situational Effects Matrix

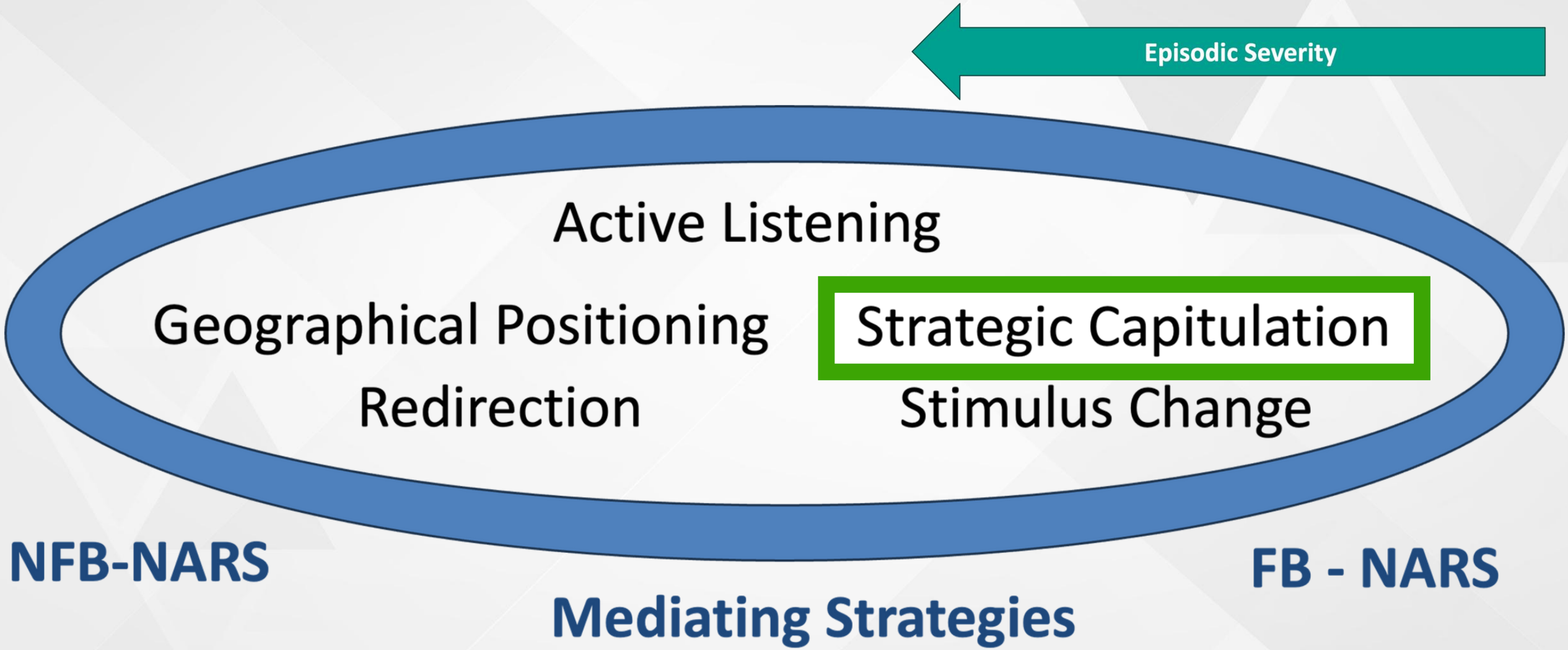
as described in
LaVigna & Willis (2005)

Behavioural (R) Outcomes
Resolution
Escalation



Situational Management within MEBS

Nonaversive Reactive Strategies (NARS)



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Examples from Clinical Literature

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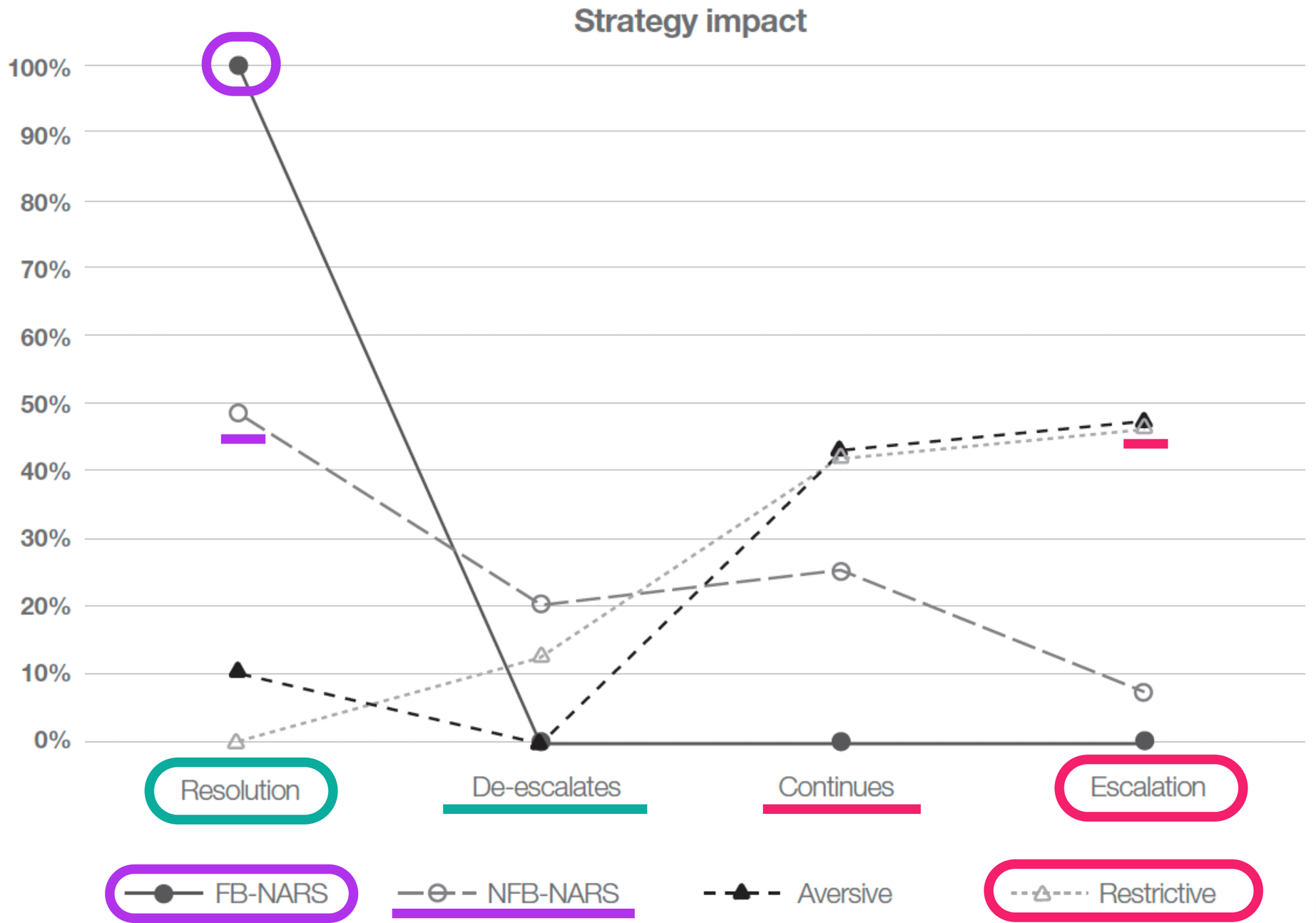
Empirical Review of Situational Effects

Figure 1: Comparison of strategy impact for strategy type



Spicer & Crates (2016)

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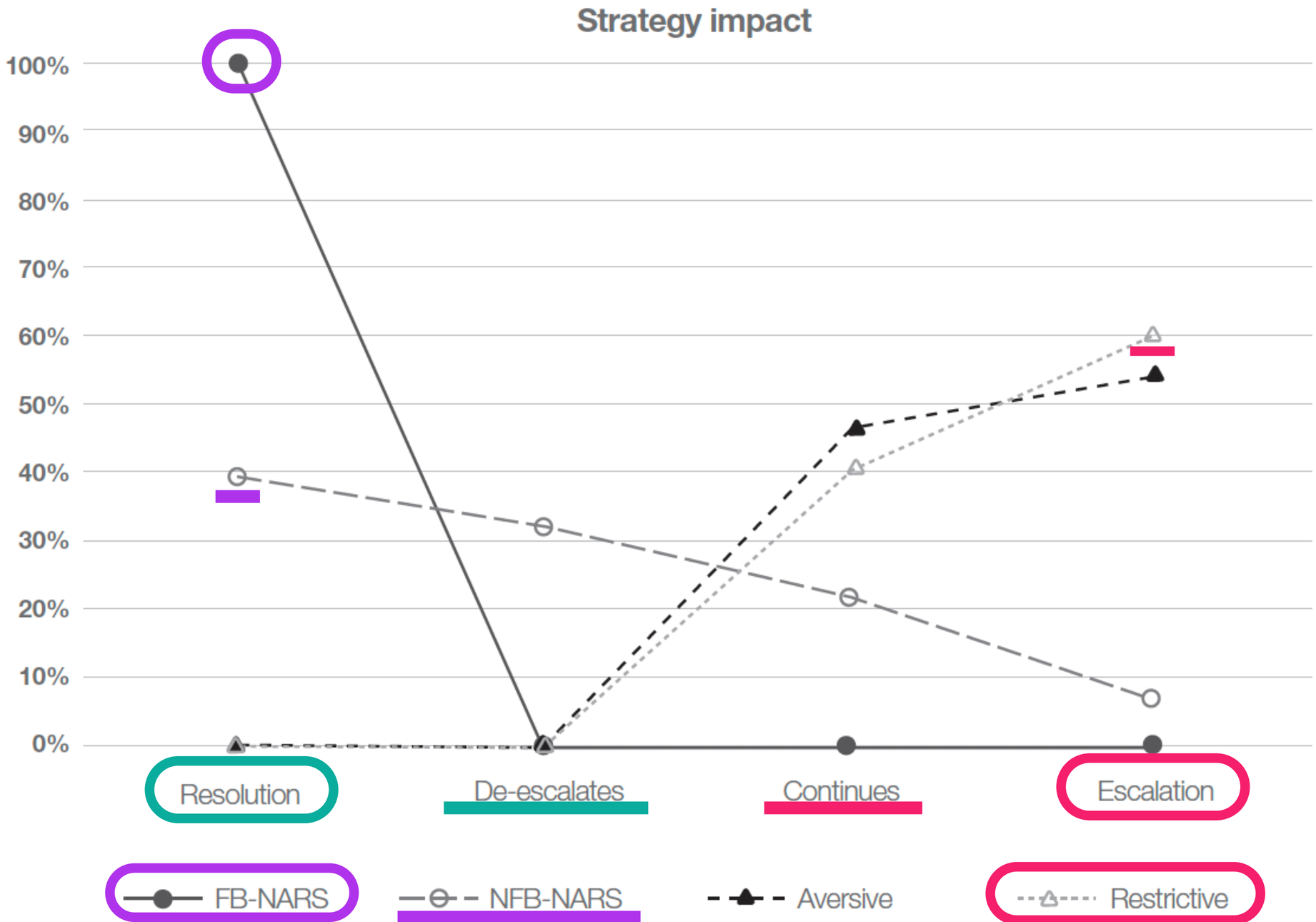
Empirical Review of Situational Effects

Spicer & Crates (2016)

Figure 7: Client 2 comparison of strategy impact for strategy type



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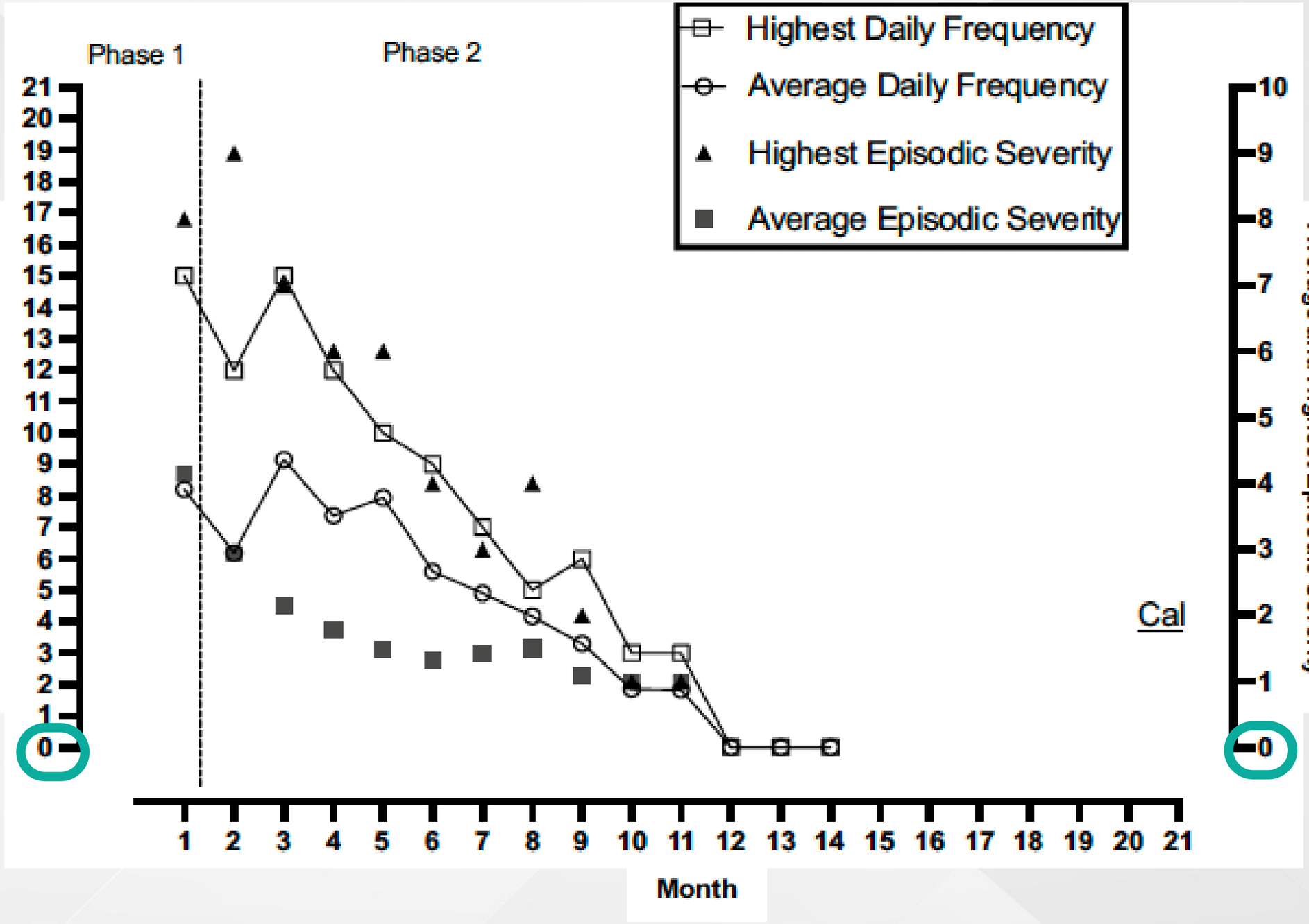
Empirical Review of Situational Effects



LaVigna et al. (2022)

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Key Findings and Conclusions

- MEBS provides a socially valid, sustainable, and compassionate framework for behaviour support.
- MEBS aims to reduce restrictions and improve quality of life using nonaversive reactive strategies (NARS).
- MEBS demonstrates resolution through NARS and upholds person-centred support that meets needs while decreasing frequency and severity of behaviours of concern.

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Thank you!

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