



What is a constructional approach?

A constructional approach is focused on **building** functional skills for the individual that will compete with the behavior(s) of concern and thus improve the person's quality of life.



How does this approach differ from traditional approaches?

The constructional approach to treatment is different from a more traditional approach because it does not focus on eliminating the behavior(s) of concern. Instead, the constructional approach focuses on building up an individual's repertoire so that they know how to respond in new ways to get their needs met.

The Core Tenets of the Constructional Approach

1. Understand that an individual's behavior is a product of their current context and learning history.
2. Identify the desired outcome. What does this person need to do in order to function optimally in their lives and will that outcome improve their overall quality of life?
3. Assess what is working and not working for this person right now. What can the person currently do? What are the variables that are present in the person's current context?
4. Develop your road map. How will we get from where the individual is now to where we want to go? What are the strategies we will need to use and when?
5. Ensure that the natural context for the individual can support the desired behavior and sustain it over time as you fade out supports.



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