

HELPING HANDS ABA, P.C.

RBT TRAINING

# TOKEN ECONOMY

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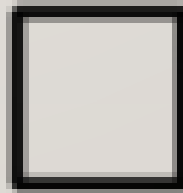
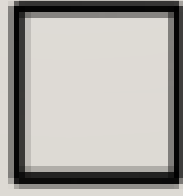
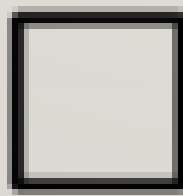
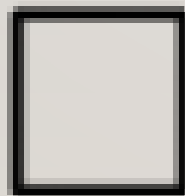
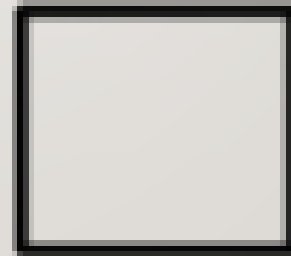
# WHAT IS A TOKEN ECONOMY?

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- Token economy is a system of contingency management based on the systematic reinforcement of target behavior.
- It is used to aid in the reduction of maladaptive behaviors and increase desired behaviors through the deliverance of a tangible conditioned reinforcer
- The tangible conditioned reinforcer, or token, would be given upon the occurrence of the desired target behavior.

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I am working for...



★ I Can Do It!

I'm working for:

Lunch  
with a  
friend



My Name:

James Can stay in his seat



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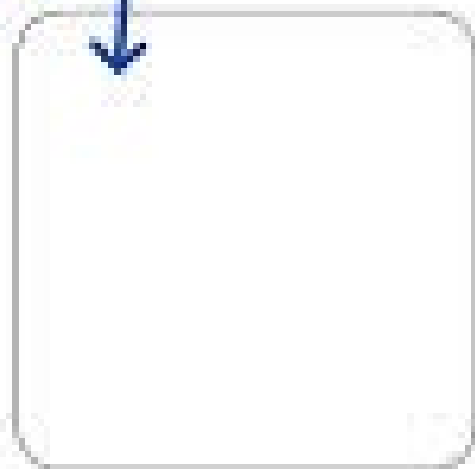
I am working for:



Preferred item or activity

Earned tokens

Two tokens left to earn before the reward



# TOKEN SYSTEMS USE POSITIVE REINFORCEMENT

	Behavior Increases	Behavior Decreases
Stimuli Added	Positive Reinforcement	Positive Punishment
Stimuli Removed	Negative Reinforcement	Negative Punishment

# HOW TO PREPARE FOR YOUR SESSION

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- Choose the behavior/behaviors that you are targeting (increasing a preferred behavior or decreasing a maladaptive behavior)
- Create tokens that the learner will be interested in (e.g., stickers, favorite character, stars, etc.)
  - REMEMBER to individualize tokens for your learners
- Create a board that will be used to put the tokens on
  - Tip: use Velcro on the boards!
- When the learner engages in the behavior that you are targeting, hand the learner the tangible token and have them put it on his/her own board.

*\*Some learners may benefit from a visual schedule with rules to follow\**

# HOW TO PREPARE FOR YOUR SESSION CONTINUED:

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- When first implementing a token system – teach the learner by using a Fixed Ratio 1 to teach that the token = reward
- Then you can increase the amount of tokens that must be earned in order to receive the backup reinforcer.
  - Typically 3 – 5 tokens are earned to receive reinforcement

**\*Be sure to pair social praise with the tangible item/activity!**



# GENERALIZED CONDITIONED REINFORCER

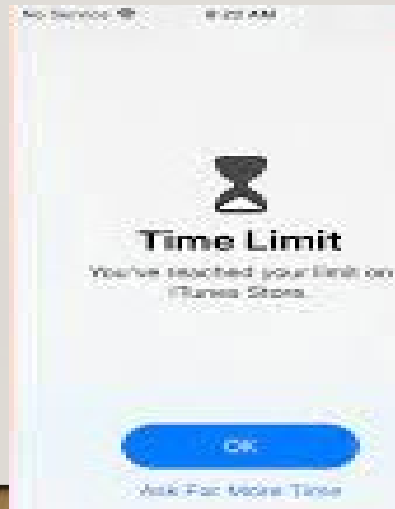
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- The tokens are a GCR (Generalized Conditioned Reinforcer)
- A GCR consist of one specific reinforcer that has been associated with a back up reinforcer like a tangible object (e.g., candy, toys), activities (e.g., jumping on a trampoline, swimming) or privileges (e.g., 5 more minutes on the iPad) which all function as a reinforcer the tokens can be exchanged for
- GCRs are not required to be a tangible item (e.g., social praise). However, token economies utilize visual and tangible representation of the GCR (Hackenberg, 2009).

# WHAT IS A BACK UP REINFORCER?

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- Back up reinforcers are defined as preferred items, activities or privileges that participants obtain by exchanging earned tokens





# ANY QUESTIONS?

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