



Behavior Chain Analysis

Presented by Patricia Gieselman, MFT

Learning Objectives

1. Discuss the importance of commitment to change
2. Discuss the applicability of a BCA for assessment
3. Identify the elements of a Behavior Chain for analyzing a problem behavior
4. Describe the function of a Solution Chain Analysis (SCA) following completion of a BCA
5. Describe troubleshooting and practice strategies
6. Describe the function of a Diary Card or behavior log in reinforcing change

Timed Outline

8:30-9:00	Sign-in and light breakfast
9:00-9:15	Introduction/Housekeeping
9:15-9:25	Mindfulness Exercise
9:25-9:45	A Little About DBT
10:15-10:30	Assessment, Targeting & Commitment
10:30-10:45	Break
10:45-11:45	Defining a Behavior
11:45-12:00	Diary Cards
12:00-1:00	Lunch
1:00-1:10	Mindfulness Exercise
1:10-2:30	Behavior Chain & Solution Chain
2:30-2:45	Break
2:45-3:30	Behavior Chain & Solution Chain, Cont'd.
3:30-3:45	Applying BCA to Yourself
3:45-4:00	Wrap-Up, Q&A, Evaluations