

## Completing a Functional Behavioral Analysis (FBA) with Younger Children – FBA Game Show

Materials needed: large index cards, markers, white board, and construction paper

Optional: Buzzer or bell (or cut out a round piece of paper and use as a buzzer), microphone

### Steps:

1. Before session, write on three large index cards symptoms being tracked during TF-CBT
2. On other large index cards, write, or tape on questions from below, that will part of the FBA Game Show!
3. On the white board, tape on index cards to create a game show board similar to Jeopardy, for example:

	What happened right before _____?	What happened right after _____?	What has made _____ worse?	What has made _____ better?	Where are you when _____ happens?
Flashbacks					
Stomachaches					
Verbal aggression					

4. If using intervention during individual session, create a point system for each right answer. I recommend making an achievable challenge client can meet, such as 25 points, if each question is worth 5 points.
5. If using intervention during conjoint session, write the person's initial in the box who answered the question correctly, or you can continue to use the point system. To make sure client answers as many questions as possible during conjoint, I coach caregiver to occasionally give partially correct answers, which allows client to add more information and get credit too!
6. Set a timer on your phone for every three-five minutes, when it goes off, it's time for a relaxation skill! It's fun to have a separate relaxation button or buzzer somewhere in your office for client to go ring!
7. This is a fantastic way to conduct a FBA with a client individually and during conjoint that is fun and age-appropriate. It has also been effective for client's who are more energetic!

What happened right before \_\_\_\_\_?

What happened right after \_\_\_\_\_?

What has made \_\_\_\_\_ worse?

What has made \_\_\_\_\_ better?

Where are you when \_\_\_\_\_ happens?