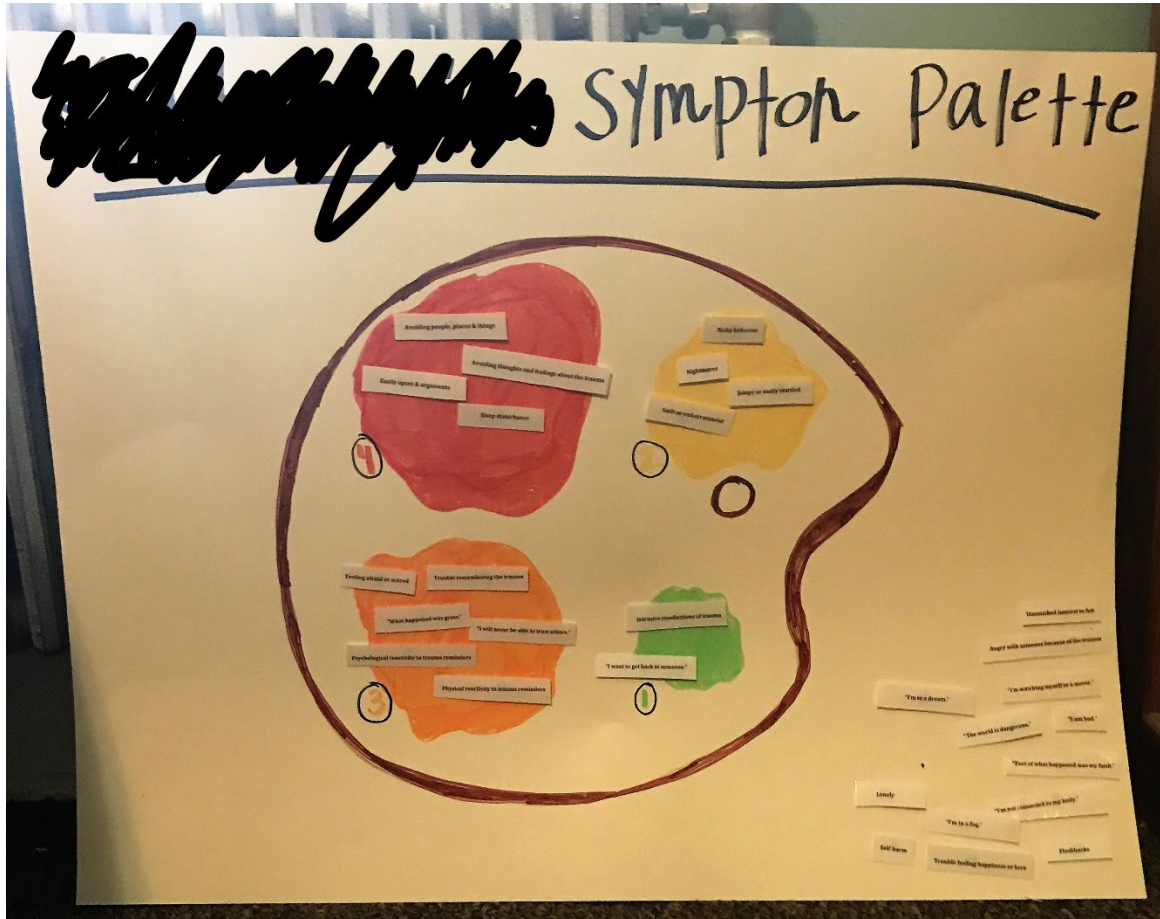


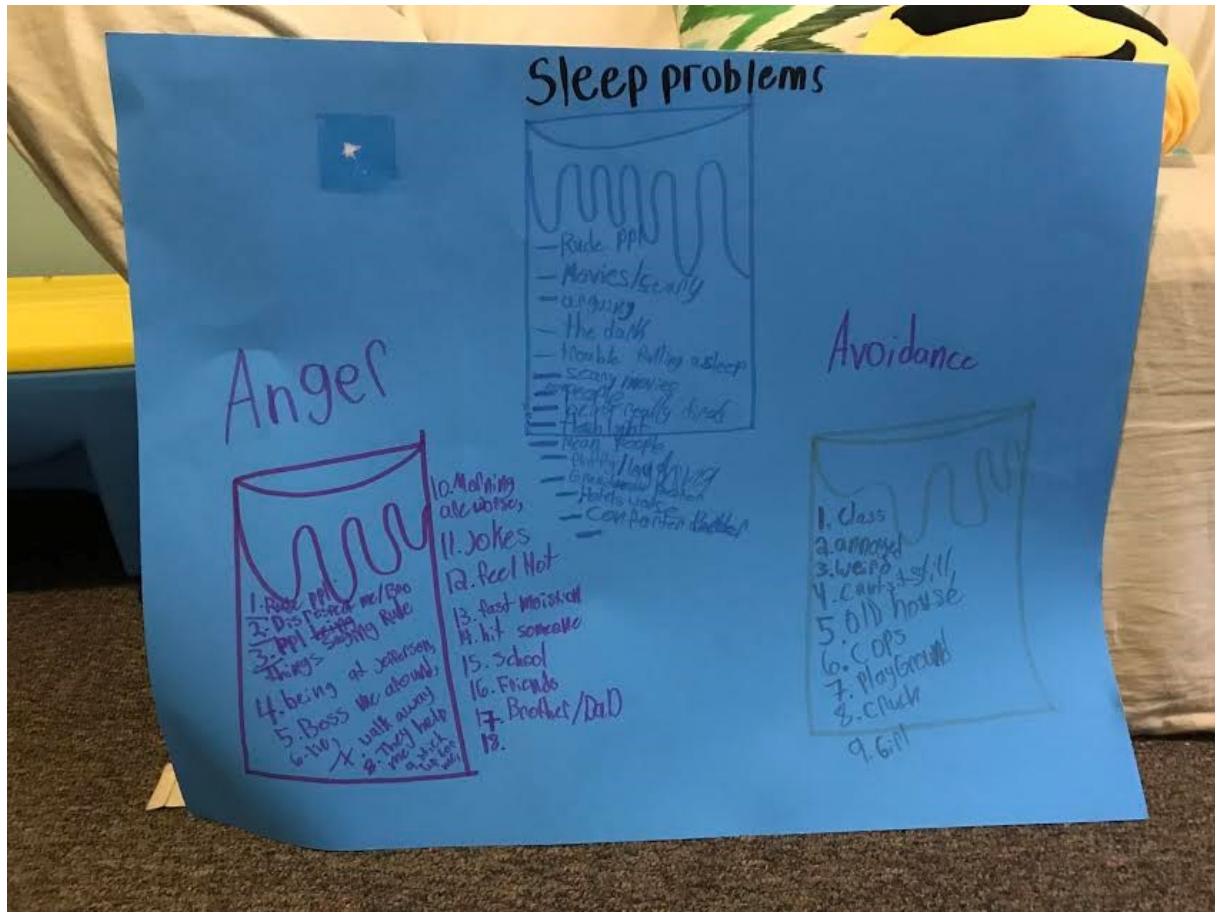
Functional Behavioral Analysis activity: The Paint Bucket

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This client is a 12-year-old female, with a complex trauma history including sexual and physical abuse. Client is passionate about art, and is very creative. During the pre-treatment assessment/psychoeducation sessions, we viewed her symptoms as different sizes of splotches on a paint palette. We discussed the idea that as treatment progresses, the goal would be for symptoms to move either to smaller splotches, or off the palette altogether.



In keeping with the paint theme, I approached the FBA with her, as a way to explore what makes up each paint bucket. I tasked client to draw three paint buckets on her poster, each representing a different tracked-symptom. I utilized the [THIS WHEEL DECIDE](#) to help client explore each symptom to a greater degree. Client spun the wheel, and wrote her responses onto each bucket. Using the metaphor, I explained that while "Sleep Disturbance" may be the color/label on the bucket, it is everything else mixed together (all of the triggers mainly) which cause the buckets to fill up, and overflow. I explained to client that next we would be learning different relaxation skills. I shared that each relaxation skill would act as a secondary paint bucket, to balance the symptom bucket. In adding a secondary bucket, the paint will no longer overflow, causing distress/functional impairment throughout daily life.



***Note: could be done using actual buckets!**

***If above link does not work to Wheel Decide, copy and paste below into browser.**

<http://wheeldecide.com/index.php?c1=WHAT+are+its+triggers%3F+%28people%2C+places%2C+things%29&c2=WHEN+is+it+worse%3F&c3=WHERE+is+it+worse%3F&c4=WHE N+is+it+better%3F&c5=WHERE+is+it+better%3F&c6=HOW+do+you+feel+after%3F+&c7 =WHAT+do+you+do+after%3F&c8=WHAT+thoughts+do+you+have+during%3F&col=past el&t=FBA+Detective&time=5&remove=1>