**EXTINCTION BEHAVIOR CONTROL METHOD**

**Extinction method** refers to a gradual

 weakening of a conditioned response that

results in decrease or elimination of a certain behavior in a person that occurs either intentionally or unintentionally.

**Extinction types**

Tangible extinction occurs when an individual is used to getting something then overtime that item can't be given to him/her.

Escape extinction occurs when an individual can't get away from a certain response that causes him/her to fear and want to get away from it.

**Factors to consider when implementing extinction procedure**

1. Identifying the interfering behavior.
2. Identifying data collection measures and collecting baseline data.
3. Determining the functionality of the behavior.
4. Creating an intervention plan.
5. Implementing the intervention plan.
6. Collection of data as to the outcome progress.
7. Review the intervention plan to determine its effectiveness.

**How to deal with the behavior burst**

1. Completely remove the reinforcement triggering the targeted behavior.
2. Expect the behavior to increase for a certain time before reduction.
3. Provide reinforcement for a replacement behavior that achieves the same goal that's acceptable.
4. Make expectations clear.
5. Be consistent to achieve the ultimate goal.

**Behavior examples that may need extinction as a strategy to reduce or eliminate it;-**

1. Screaming
2. Crying/tantrum
3. Excessive scratching

Screaming

Example a child used to scream at the individual who is driving to turn on the radio or Bluetooth music in the car, earlier the driver used to turn the radio on or Bluetooth music on but in the long-run the driver reduces the response frequency till he/she stops eventually and the child also stops screaming this is called extinction behavior control.

Crying

Example a child used to cry on seeing someone in particular, the parent continued to expose the child to that person and everytime the child would cry, but afterwards on eliminating the meetups with that person the child never cried this means the child has a memory of that person that frightens the child thus crying was a communication to be taken away from that person's presence.

Excessive scratching

Example a child scratches the wound or the body in general till it causes further damage, the child might have allergies that cause he/she to have the itchy sensation other than that the child might be wearing clothes that cause itchy sensation on withdrawal of a certain diet or clothes the child returns to normal and that's an extinction method.

**Challenges faced when applying extinction methods**

The victim feels frustrated by the method since some things are withdrawn and new ones that they are not used to are introduced to their lifestyle.

The victims parents feel pressured especially when the child's response escalates due to a certain known thing being withdrawn from their lifestyle.

Example

The child is used to watching and not the introduced reading habit, due to extinction method the child screams so that the TV is turned on and he/she may not have to read, the parents feel pressured because as days go the child's tends to scream more often but after having extinction consistency the child gets used to reading.

**My own experience and how I managed the condition**

My child used to scratch his body after taking a shower till some marks would be left by the fingernails on the skin, afterwards I came to know from a Doctor that it was a condition caused by the skin dryness, therefore I made an effort to get him **aquagenic pruritus medicine** and also make sure he wears a pair of gloves immediately after taking a shower so that incase he feels itchy, he scratches his body and no marks would be left by the fingernails till oil is applied on his skin to keep it moisturized.