

## Behaviour Skills Training (BST) - Fact Sheet

### What is BST?

Behaviour Skills Training (BST) is a training package that uses 4 different components to teach new skills. The components include: **instruction, modeling, rehearsal** and **feedback**. BST is an effective teaching method for helping children with autism spectrum disorder (ASD) learn new skills, but the method can be used with anyone. Some skills that can be taught using the BST are:

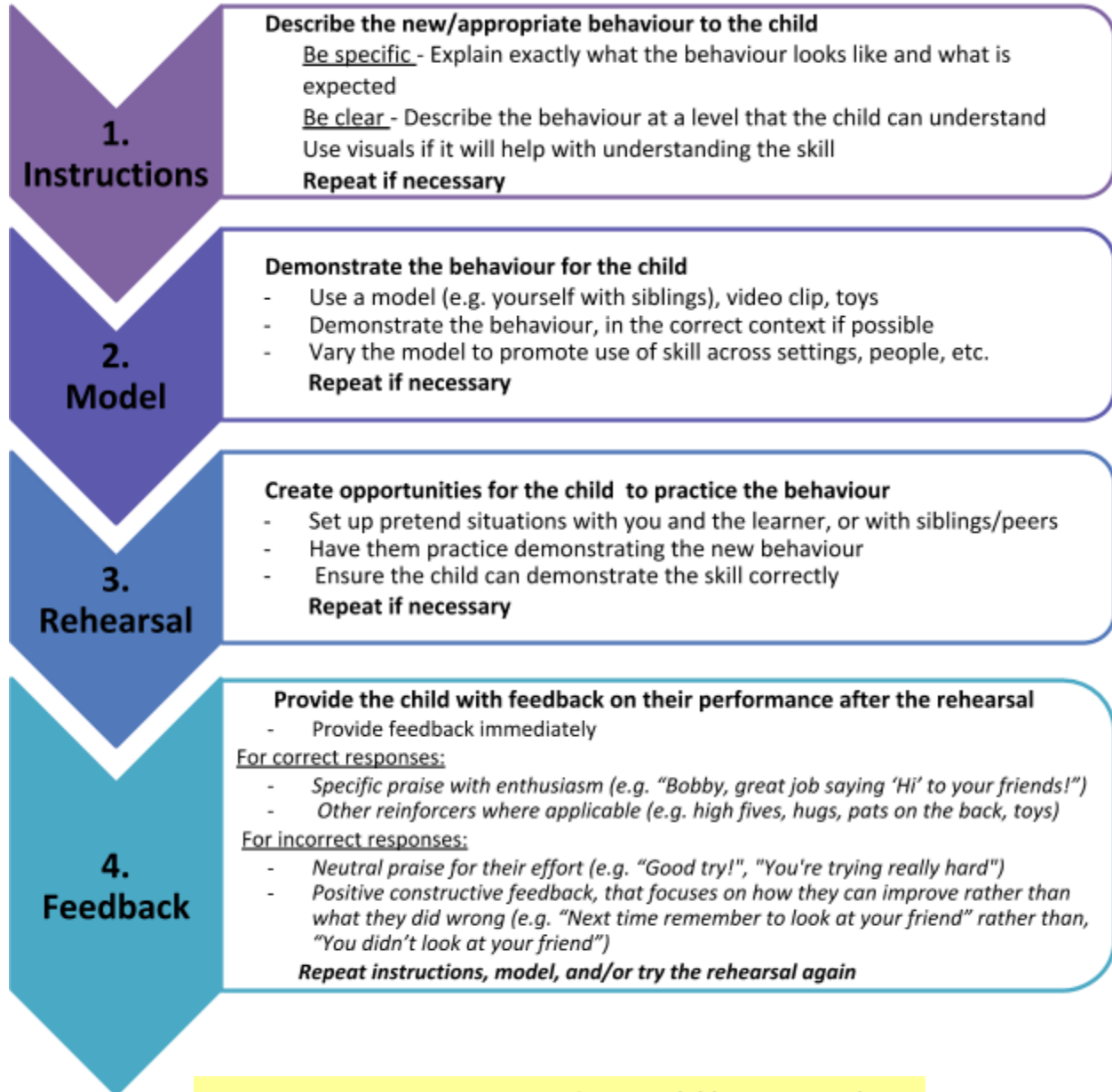
- Social Skills
- Assertiveness Skills
- Community Safety Skills
- Abduction Prevention
- Communication Skills



### Why do we use the BST?

- We use BST to support the teaching of new skills for those with the ability to understand more complex vocal language.
- Research conducted by Stewart, Carr & LeBlanc, 2007 demonstrated BST was effective in teaching children and adults with ASD conversation skills.
- Studies have also shown utilizing a role-play training package which included practice in “real-life” situations to be the most effective (Nuernberger et al, 2013).
- It was also found by Ward-Horner & Sturmey, 2012 that the most effective components of the BST approach were feedback and modeling.

## BEHAVIOUR SKILLS TRAINING (BST) STEPS:



## References

Nuernberger, J. E., Ringdahl, J. E., Vargo, K. K., Crumpecker, A. C., & Gunnarsson, K. F. (2013). Using a behavioral skills training package to teach conversation skills to young adults with autism spectrum disorders. *Research in Autism Spectrum Disorders, 7*(2), 411-417.

Stewart, K. K., Carr, J. E., & LeBlanc, L. A. (2007). Evaluation of family-implemented behavioral skills training for teaching social skills to a child with Asperger's disorder. *Clinical Case Studies, 6*(3), 252-262.

Ward-Horner, J., & Sturmey, P. (2012). Component analysis of behavior skills training in functional analysis. *Behavioral Interventions, 27*(2), 75-92.