Practice of School Psychology

Easy to feel overwhelmed:
• Difficult to keep up with literature
• Difficult to sift through all the literature
• Books out of date when published
• We are busy!

Solution?
Meta-analyses!
Common Issues

- Academic
- Externalizing Behaviors
- Internalizing Behaviors

Eligibility

1. Address at least 1 common issue in SP
2. Address specific treatments
   - We didn’t care about correlates
3. Published in a peer-reviewed outlet

“What Works”

1. Effect size in the intended direction
2. d effect size of at least 0.25
   - Why?
With our findings...

We want to provide you with a first step when it comes to approaching concerns in any of the three areas.

Academic

Math

1. Drill and Practice for Fluency
   - Timed Warm-up Probe/Timed Trials
   - Taped Problems
   - Incremental Rehearsal (Flashcards)
1. School and discipline management interventions

2. Cover, Copy, and Compare for Acquisition
   - Additional components (ex. Token economy)

Incremental Rehearsal: Materials from ebi.missouri.edu
Courtesy of T. Chris Riley Tillman, Ph.D.
Math

3. Modeling and Performance Feedback

Math

4. Self-Monitoring
Reading

1. **Strategy Instruction**
   - Direct explanation
   - Thinking aloud
   - Modeling
   - Guided practice
   - Structured Teacher Questioning

Reading

2. **Text Enhancements**
Reading

4. Programs
   - Reading Recovery
     readingrecovery.org
   - Success for All
     successforall.org

- Reading interventions work better when teacher implements them
- Small Group Instruction > Large Group Instruction

Writing

1. Strategy Instruction with Self-Regulated Components (SRSD)
Writing

2. Goal-Setting/Setting Product Goals

Writing

3. Process Writing
Writing

4. Pre-writing
   - Concept maps, graphic organizers
   - Use with explicit instruction!

Writing

5. Peer Assistance/Peer Feedback

Writing

6. Word Processor
Externalizing Behaviors

Defiance

Environment
1. School and discipline management interventions

Defiance

Environment
2. Parent Training Programs
   Examples:
   - Parent-child Interaction Therapy (PCIT)
   - Incredible Years
   - Helping the Noncompliant Child
   - Triple P-Positive Parent Program
Defiance

Environment
- Implemented well
- Infrastructure
- Training
- Supervision
- Supported over time

Defiance

Student
1. Behavioral Treatments
   - CBT, EOG biofeedback training, social skills training

Defiance

Student
2. Non-Behavioral Treatments
   - Family-systems approaches, nondirective counseling
Defiance

Student

3. Pharmacological Treatments
   - For some students
   - Combined with other treatments

Defiance

Student

Warning
Counseling, “social work”, and other traditional psychotherapeutic interventions may have negative effects

Defiance

Student

Behaviors stem from different sources
   - Talk/Interventions
Violence

Targeted Intervention

Intervention Focus:

• Skills of nonresponse
• Improve relationship skills/social context

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Violence

• When grouping students:
  • Mixed groups or girls alone can be more effective than boys alone

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Violence

Universal Programs (classroom or school)

CRE: Conflict Resolution Education

Formats: direct skills instruction, peer mediation, embedded curriculum
Peer Relationships

1. Operant procedures

2. Modeling
Peer Relationships

3. Social Cognitive Procedures

Recommendations:
- Increase dosage
- Natural setting
- Match instruction to skill deficits
- Ensure fidelity

Interventions

Social Skills Training (SST)
- Individualize instruction
- Select skills for intervention that match individual student deficits
- Measure specific skills
- Provide generalization and maintenance
- Provide information to peers without disabilities
Peer Relationships

Interpersonal Cognitive Problem Solving (ICPS) Training

Anger Management

Intervention Recommendations

Multi-component treatment packages
- Many behavior activities: modeling, performance feedback, homework, contracting, reward for compliance or performance, games, role play, academic tutoring, home visits, group therapy for parent and/or teacher, goal setting, visualization/imagery

Social focus
- Communication skills:
  - Eye contact
  - Social problem solving
  - Identification of problems
  - Flexible response generation
  - Evaluation
  - Planning for future engagement
Anger Management

Interventions

Skill Development CBT
- Target overt anger expression, use modeling and behavioral rehearsal

Truancy

1. Contingency Management
   - Positive and negative (e.g., token economy)
   - Individual behavioral contracts
   - Can use with group guidance meetings

2. Goal-Focused Support Groups
   - Encourage attendance for elementary school students
Truancy

3. CBT and Medication

**NOT Supported:**
- Solution-Focused Brief Therapy
- Mandatory uniforms

**Instruction-Related**

1. Vocational/Employment Oriented Programs
   - Coursework, internships, employment oriented
   - Fits with work or career interests
Truancy

Instruction-Related

2. Supplemental Academic Training
   - Remedial education, tutoring, homework assistance

Truancy

Instruction-Related

- Programs are generally more effective for:
  - Males
  - Younger students

Internalizing Behaviors
Anxiety
1. Cognitive Behavioral Therapy
   • Exposure and desensitization
   • Cognitive imagery
   • Cognitive restructuring of distorted thoughts
   • Bibliotherapy
   • Relaxation training

2. Programs
   • Coping Cat
   • Coping Bear and Coping Koala

Depression
1. Cognitive Behavioral Therapy
   • Programs
   • Primary and Secondary Control
   • Enhancement Training
   • Attachment-based family therapy intervention
Depression
2. Interpersonal psychotherapy
   - Strategies:
     - Psychoeducation
     - Clarification of feelings and expectations
     - Develop communication Skills

Mindfulness-Based Interventions (MBIs)
1. Paying attention to the present moment in a non-judgmental way
   - Components
     - Intention
     - Attention
     - Attitude

Mindfulness-Based Stress Reduction (MBSR)
1. MBSR-T: for adolescents 14-18 years
   - Components
     - Interpersonal and performance challenges
     - Stress regarding social issues
Mindfulness-Based Cognitive Therapy (MBCT)

1. MBCT-C: adapted for children 8-14 years
   - Components
     - Sensory observation
     - Repetition
     - Breath meditation

Other MBIs

1. Acceptance and Commitment Therapy
2. Dialectical Behavior Therapy

Questions?