



# CAPTAIN X

Evidence-Based Practice of the Month:

## Extinction (EXT)

Extinction (EXT) is the removal of reinforcing consequences of a challenging behavior in order to reduce the future occurrence of that behavior. The extinction procedure relies on accurately identifying the function of the behavior and the consequences that may be reinforcing its occurrence. The consequence that is believed to reinforce the occurrence of the target challenging behavior is removed or withdrawn, resulting in a decrease of the target behavior. An initial increase in the challenging behavior (often called an “extinction burst”) is common before eventually being extinguished. Extinction should not be used in isolation. Other practices that are used in combination with extinction include differential reinforcement and functional behavior assessment.

(National Clearinghouse on Autism Evidence and Practice Review Team, 2020)

Free module to learn more about Extinction:

<https://afirm.fpg.unc.edu/extinction>

### IN THE CLASSROOM:

- Conduct an FBA to identify the probable function of the challenging behavior
- Identify what the maintaining consequence of the behavior is (i.e., obtaining attention, avoidance/escape, sensory)
- Withhold maintaining consequence when challenging behavior occurs
- Reinforce replacement behavior and plan for possible extinction burst

### AT HOME:

- Identify function of behavior and withhold maintaining consequence
- Identify replacement behavior and reinforce
- Be consistent in withholding maintaining consequence and reinforcing positive behavior
- Pair with other EBPs such as antecedent-based interventions and functional communication

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