



ECLIPSE THERAPY
ENHANCING LIVES



The Emotions of Toilet Training

Shared Purpose Matrix

5 senses Experiencing

<p>What behaviors will I see or hear you using to get relief from the yucky stuff?</p> <p>Quit Take few deep breath Tag Yoga Adult beverages</p>	<p>What behaviors will I see or hear you using to move towards what is important to the group?</p> <p>Persistence Collaboration Reaching out to medical Willingness to maybe try different way</p>
<p>What yucky stuff gets in the way?</p> <p>Frustration Fear Tired Rules</p>	<p>Who or what is important to you in our shared purpose?</p> <p>Individual Caregivers RBTs Male RBTs Funders Community location Schools</p>

Mental Experiencing

Why is Potty Training SOOOO Hard?

Individual	Caregivers
<ul style="list-style-type: none"> ❖ Body awareness ❖ Attending skills ❖ Inhibitory skills ❖ Communication ❖ Distress Tolerance ❖ Fine motor ❖ Gross Motor ❖ Number 2 is way harder than number 1 	<ul style="list-style-type: none"> ● Change in routine ● Increased response effort ● Potentially failed attempts prior ● Mental health challenges <ul style="list-style-type: none"> ○ OCD ○ Anxiety ● Distress Tolerance ● Perseverance ● Time

Noticing the Light and Heavy Emotions that Show UP

- Light Emotions
 - Success
 - Sustained Success
 - Autonomy
- Heavy Emotions
 - Accidents
 - Messes to clean up
 - When it's taking forever

Carrying the Heavy Emotions to Success for both the individual and caregivers

- Set a realistic picture
 - This could take some time
 - Are you ready
 - What might show up for you?
- Talk about what to do when accidents happen
 - Individual
 - Caregiver
- Self compassion
 - Forget to take/remind the child
 - Child has an accident
 - You do a day in the diapers because you need a break
 - The babysitter didn't follow the plan
- Balancing with successes
 - Noticing the small wins, there are a lot of chains of behavior involved that take time for each little step and then to actually learn the chain
- Get flexible
 - Sit backwards on the toilet
 - Standing to eliminate
 - Light off
 - Water running
 - Mom rather than dad
 - Sit on the toilet with a diaper
- Honor assent withdrawal
 - Is the individual ready?
 - What part of the routine is reliably evoking assent withdrawal?
Can I change that aspect?
 - Do I need to get creative and flexible? It can look different for

all!

- Don't forget to rule out medical!!

Keep Up the Persistence!!

- We know it's new and different!
- We know there are going to be steps forward and backwards
- We might want to quit, but what a game changer for everyone!
- The values are there
 - Autonomy
 - Save money
 - Cleanliness
 - Success
 - Or whatever those values may be for that individual or caregiver

Legal

Suggestions today are a mixture of presentations done based on my years as a Board Certified Behavior Analyst/business owner and observing the ways in which BCBA's can be successful or not within our bounds of competencies.

Eclipse Therapy is here as a training resource; in the event of any conflict between my training tips and the advice of your employer, the BACB, or funding sources the advice of your employer, the BACB, or funding sources prevails!