

Introduction

This book is designed to explain the use of *positive practice*, *self-correction*, and *overcorrection* to parents and teachers who have responsibility for the care and supervision of young persons. Other users include childcare workers, counselors, and staff members of institutions for young persons with developmental disabilities, retardation, or emotional disturbances. This book is intended to be part of an instructional program supervised by a counselor or professional person who is familiar with positive practice, self-correction, and overcorrection. Exercises and illustrations included in the manual exemplify the use of these procedures. The instructor should review the fill-in information provided by the reader to ensure the reader's proper understanding and use of these procedures. Feedback and discussion about the exercises should be provided by a professional.

Nathan H. Azrin is a professor at the Center for Psychological Studies of Nova Southeastern University in Fort Lauderdale, Florida. After obtaining a doctorate from Harvard, where he studied under B. F. Skinner, Azrin went on to develop new treatment programs for children, adults, couples, mental hospital patients, and the developmentally disabled. Among the many new treatments he developed are the Token Economy method for patients and children, the Job Club program for the unemployed, the Habit Reversal treatment for tic/habit disorders and Tourette Disorder, the Regulated Breathing program for stuttering, the Dry Bed procedure for enuresis, the Reciprocity Counseling program for marital dysfunction and parent-youth problems, and the overcorrection and positive practice strategies for specific behavioral problems. He has received awards for these contributions from the American Psychological Association and the American Psychological Society. In 1977, the Association for the Advancement of Behavior Therapy conferred its Lifetime Achievement Award on him for these new applications.

Victoria A. Besalel received her doctorate from Southern Illinois University and is currently director of the A&B Psychological Clinic. She has been a public school teacher at the elementary and high school levels, and at the university level, she taught special education, child development, and rehabilitation. She has also been a director and teacher of her own nursery school, an instructor at Southern Illinois University, and associate director of the Nova University Psychology Clinic. She has authored many journal studies and books dealing with classroom conduct and achievement, parent-child and parent-youth relations, teaching the developmentally disabled, nocturnal enuresis, marital counseling, vocational counseling and job placement, self-injury and aggression, depression and mood disorders, positive practice and overcorrection, stuttering, compulsive behaviors, and drug abuse by youth and adults. Besalel has been program director of several federal and state funded research projects and is currently active in her independent clinical practice in Fort Lauderdale, Florida.

A list of references at the end of the book includes many of the studies that have used these procedures should the reader or supervisor wish further technical information about these methods. These references also provide a more complete description of specific problems, such as toilet training, classroom management, aggression, stuttering, habit control, bedwetting, stealing, as well as conduct developmental disorders and other problem areas.

This book is a revision of two previous books by this publisher titled *How To Use Positive Practice* and *How To Use Overcorrection*. The references and examples have been updated and the contents of the two books have been combined to include both the positive practice and overcorrection procedures.

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