

Research-Based Practice: Differential Reinforcement

References:

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Description: Differential reinforcement involves making systematic decisions about behaviors to reinforce and behaviors to ignore (or place on extinction) to increase desired behaviors and decrease problem behaviors. There are four types of differential reinforcement:

- **DRA:** Differential reinforcement of alternative behaviors. This means that you select a behavior(s) that you are going to positively reinforce that serves as a replacement for the problem behavior.
- **DRI:** Differential reinforcement of incompatible behaviors. This means that you positively reinforce a behavior that, when it is demonstrated, the problem behavior cannot be demonstrated at the same time.
- **DRO:** Differential reinforcement of other behavior (or zero rates of behavior). This means that you deliver positive reinforcement for any behavior that is desirable and ignore the problem behavior.
- **DRL:** Differential reinforcement of low rates of behavior. This means that you deliver positive reinforcement when a problem behavior occurs less often than it typically occurs. You can systematically change the expectation for what rate of behavior you are targeting for positive reinforcement.