

# Behavioral Psychology Brief Treatment Clinic (BTC)

## What is the Brief Treatment Clinic?

- BTC is a unique and condensed assessment and treatment process designed to reduce challenging behaviors and increase skills utilizing Applied Behavior Analysis (ABA), an evidence-based therapy.
- Our behavioral psychologists assess and treat behavioral concerns over the course of the time-limited in-person intervention. Treatment includes:
  1. Assessing for potential triggers in the environment that may cause challenging behavior.
  2. Creating treatment plans to reduce behavioral challenges and reward appropriate choices.
  3. Ongoing monitoring of treatment outcomes to ensure long term success.

### Treatment Targets

- **Disruptive/destructive behavior reduction**  
(e.g., tantrums, aggression, noncompliance)
- **Skill building**  
(e.g., toileting, sleep, activities of daily living)
- **Impulse and inattention issues**
- **Stereotypic, compulsive, and habit behaviors**  
(e.g., tics, rituals, and inflexibility)



### Caregiver Training

Primary caregivers are present to learn new skills throughout the treatment process

### Who Can Participate

Children and their families experiencing difficulties at home, school, or community



## Brief Treatment Clinic Services

1. **Intensive Treatment Program:** Children and their families are seen for two hours per day, five days per week, for two consecutive weeks.
2. **Day Treatment Program:** Families are seen two hours per appointment, twice weekly, for five weeks.
3. **Follow-up Program:** After families complete their treatment course, follow up services are available to ensure long-term maintenance of skills.



Kennedy Krieger Institute  
Behavioral Psychology

### Questions? Contact us

For more information or to schedule an appointment,  
call a care specialist at [443-923-7508](tel:443-923-7508) or email  
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