

# Behavioral Psychology Brief Treatment Program (BTP)

## What is the Brief Treatment Program?

- BTP 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 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

- Tantrums
- Aggression
- Elopement
- Noncompliance
- *Mild Self-Injury*
- Toileting Problems
- Destructive Behaviors
- Poor Impulse Control
- Habit Behaviors  
(tics, hair pulling)



### Who Can Participate

Families of children ages 2-12 years old experiencing difficulties at home, school, or community

### Caregiver Training

Caregiver participation and training is a critical part of the Brief Treatment Program



## Brief Treatment Program Services

1. **Intensive Treatment Program:** Patients are seen for two hours per day, five days per week, for two consecutive weeks.
2. **Day Treatment Program:** For patients in need of longer-term services. Families are seen two hours per appointment, twice weekly, for five weeks.
3. **Follow-up Program:** After patients are discharged from either program, they are eligible to receive continued services in the Follow-up Program depending on the needs of the family.



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