

## **VIDEO MODELING & VIDEO SELF MODELING**

**Albert Bandura's Theory of Self-Efficacy:** What if a child could actually see themselves perform expected behaviors? Would behavior(s) change and could it be a more significant change? Self-efficacy – the belief that one has the power to produce that effect.

**Temple Grandin;** "I think in pictures. Words are like a second language to me. I translate both spoken and written words into full-color movies, complete with sound, which run like a VCR tape in my head. When somebody speaks to me, his words are instantly translated into pictures."

***Videotaped self-modeling (VSM) is a technique that allows a child to view only a positive performance of a behavior that has been targeted for intervention.***

### **VSM:**

#### ❖ 2 Types:

- 1) Feedforward – allows a child to view them self as they "could be" in the future (when a child has the ability to perform a specific behavior but cannot combine the sequence of steps independently)
  - 2) Positive Self Review – allows a child to view them self doing a skill successfully over and over to increase the skill's occurrence
- \*\* Recent research also proving that high self-efficacy can occur through observing behaviors modeled by a person that is most like the individual.*

#### ❖ 3 VSM Methods (in increasing order of time involvement):

- 1) Role play
- 2) Provide hidden supports
- 3) Tape the child over a period of time

#### ❖ Conducting VSM

- 1) Task analysis of behavior/skill
- 2) Videotape behavior/skill
- 3) Edit video (video should only be 1-2 minutes long)
- 4) Edit audio if needed
- 5) Have child watch video 2-3 times each week
- 6) Take data (establish baseline, during intervention, during maintenance)

Research: Studies have shown VSM to be an effective treatment for a large range of behaviors including those associated with depression, stuttering, elective mutism, attention disorders, aggression, life skills, social skills and language.

**\*\* For more information on this topic go to [www.portaportal.com](http://www.portaportal.com) and enter teresaVSM as the password in the Guest Access area.**