

# FIRST Principles and treatment techniques



## Feeling Calm

- Breathing retraining
- Self-calming
- Progressive muscle relaxation
- Deep breathing
- Guided imagery



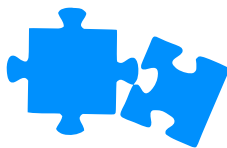
## Increasing motivation

- Positive attending
- Differential attention
- Effective instructions and house rules
- Tangible reinforcement
- Time-out and response cost
- Self-reinforcement



## Repairing Thoughts

- Identifying and changing unhelpful, distorted thoughts
- Cognitive disengagement
- Selective abstraction



## Solving Problems

- Problem-solving skills training
- Family problem solving



## Trying the Opposite

- Extinction
- Exposure
- Behavioral activation
- Self-control training
- Anger-control training
- Role-playing/modeling