

Systematic Desensitization: Headphones

Consider the type of material and style; try different options.



Youtube videos:
Systematic Desensitization Definition
https://youtu.be/A6bm5BPDN_E

Funny video animation for kids:
https://youtu.be/_unET6WKENo

Proceed slowly to build trust. If they start to become frustrated, nervous, or upset; please end the trial before problem behavior occurs.

<u>Procedures</u> →→→→→ 1-2 times per day	<u>P#1:</u> TOUCH HEADPHONES WITH HANDS ↓	<u>P#2:</u> MOVE HEADPHONES CLOSER TO HEAD/EARS WITHOUT TOUCHING ↓	<u>P#3:</u> QUICKLY TOUCH HEAD/EARS WITH HEADPHONES ↓	<u>P#4:</u> QUICKLY PUT ON AND OFF HEADPHONES ↓	<u>P#5:</u> INCREASE TIME ↓	<u>P#6:</u> WEAR THE HEADPHONES DURING A PREFERRED ACTIVITY ↓	<u>P#7:</u> PRESENT HEADPHONES ANYTIME COVERING EARS ↓	<u>P#8:</u> TRIAL IN DIFFERENT SETTINGS WITH DIFFERENT PEOPLE ↓
Step 1. →	Make sure the student is calm and engage in a fun activity to get their attention.							
Step 2. →	Read a social story or watch a video about wearing headphones. Instructor models the procedure with the headphones on themselves first and can say something like “I wear these when it is noisy and I need to use my hands to do things. See, I can do it!”							
Step 3. → Instruct to complete action	Touch the headphones with their fingers, then hands. ↓	Let you hold the headphones near their head/ears without touching. ↓	Let you touch their head/ears with the headphones. ↓	Let you quickly put the headphones on and off of their head/ears. ↓	Let you put the headphones on their head/ears and count to 5, then slowly increase the time. ↓	Wear the headphones correctly while doing something they enjoy. ↓	Anytime the student covers their ears, present headphones say, “I see that you are covering your ears. Is there a sound that you don’t like? Try the headphones!” ↓	Trial in various locations. Speak with your therapist about how to systematically reduce the need for the headphones. ↓
Step 4. →	Give praise and/or a preferred item for any attempt! Take a break if needed.							
Step 5. →	Increase time by counting a little bit more or using a timer during each trial from 5 seconds up to 20 minutes.							
Step 6. →	Repeat the procedure daily until the student is comfortable and before moving on to the next. Each student may require trials for several days or several weeks to become comfortable with each procedure.							