



# **Techniques for Time-Out: A Study Guide and Workbook of Behavior Management and Counseling Strategies**

*Henry J. Roth Ph. D.*

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In TECHNIQUES FOR TIME-OUT, Dr. Roth describes the various behavior management strategies that he found helpful in dealing with students with behavioral and emotional problems who had been sent to time-out in a therapeutic day school. He classified a spectrum of behavior management strategies into three “models” that provide a framework to help staff defuse disruptive behavior, minimize the risk of crisis encounters, and avoid the need for more restrictive measures.

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