



Position Statement Restraint and Seclusion

The Minnesota Northland Association for Behavior Analysis (MNABA) supports the elimination of restraint and seclusion as components of therapeutic treatment regimens for children, adolescents, and adults with intellectual and developmental disabilities, and mental health disorders. Restraint should only be used in the case of emergency (immediate threat to safety of the individual or others in close proximity), and should be considered safety protocol not having therapeutic benefit. Protective equipment used in the professionally-supervised treatment for the reduction of self-injurious behavior shall not be considered restraint.

MNABA recognizes and promotes the power of the many empirically-supported proactive, instructional, and reinforcement strategies founded in the principles of behavior analysis that reduce or eliminate the occurrence of dangerous behavior and build the skill repertoires that help people succeed. MNABA recognizes the power of positive clinical responses to challenging behavior that avoid behavioral escalation and promote an efficient return to socially-desirable behavior that is reinforced.

Though restraint and seclusion have an evidence base in the history of behavior analysis research, these practices are inconsistent with the current context of our professional practice and the person-centered values we embrace. As Applied Behavior Analysts we recognize the importance of implementing the powerful technologies of behavior analysis in this context, in full alignment with the lives and futures our consumers design for themselves.