



APPLIED BEHAVIOR ANALYSIS THERAPY

WHAT IS ABA THERAPY?

ABA THERAPY IS A SCIENTIFICALLY PROVEN METHOD USED TO SUPPORT CHILDREN WITH AUTISM.

ABA THERAPY IS FLEXIBLE AND CAN BE ADAPTED TO FIT THE NEEDS OF YOUR CHILD.

THE GOAL OF ABA THERAPY IS TO INCREASE THE POSITIVE, FUNCTIONAL BEHAVIORS AND DECREASE NEGATIVE BEHAVIORS.

ABA THERAPY CAN TAKE PLACE IN MANY ENVIRONMENTS AND IS CENTERED AROUND YOUR CHILD'S INTERESTS.

ABA COMPONENTS:

- DISCRETE TRIAL TRAINING
 - SPECIFIC TASK TRIALS THAT FOCUS ON ATTENTION TO TASK AND FOLLOWING ONE STEP DIRECTIONS
- PIVOTAL RESPONSE TRAINING
 - TAKES PLACE WITHIN THE NATURAL ENVIRONMENT AND FOCUSES ON ELICITING COMMUNICATION

Growth in the area of Communication Development

ABA THERAPY IS LANGUAGE FOCUSED. AN INCREASE IN FUNCTIONAL COMMUNICATION CAN HELP TO DECREASE NEGATIVE BEHAVIORS.



Social-Emotional Growth

ABA Therapy takes a skill and breaks it down into small steps. ABA therapy can help your child with:

- Functional Play skills
- Social Skills with adults and peers
- Joint attention with adults and peers

Growth Within Self-Help Skills and Self-Advocacy

ABA Therapy can help with life skills such as daily living activities and safety practices. ABA therapy can help give your child a voice!

Early intervention is key! Children who begin ABA therapy at a young age show the most growth, however, ABA therapy benefits children of all ages!

Additional resources:

<https://www.autismspeaks.org/applied-behavior-analysis-aba-0>

[ATN/AIR-P Parent's Guide to Applied Behavior Analysis](#)

[ATN/AIR-P An Introduction to Behavioral Health Treatments](#)

[Behavior Analyst Certification Board \(BACB\)](#)

[Association for Behavior Analysis International \(ABAI\)](#)

Resources found on AutismSpeaks.org

References:

Fernandes, F. D. M., & Amato, C. A. de la H. (2013). Applied Behavior analysis and autism spectrum disorders: literature review. *CoDAS*, 25(3), 289-96. Retrieved from http://www.scielo.br/pdf/codas/v25n3/en_16.pdf