

Applied Behavior Analysis (ABA)

Applied Behavior Analysis (ABA) is an evidence-based approach used with autistic individuals that focuses on learning, skill development, and understanding behavior. ABA supports people in building independence and helps caregivers promote positive strategies that align with the individual's goals.

What is ABA Therapy?

ABA is one of several therapeutic interventions that promotes independence by teaching important everyday skills such as how to communicate and practice self-care. Therapists break down skills into manageable steps that build upon one another.

ABA uses measurable observations (data) to better understand behaviors that may cause distress or make daily life more difficult for a person. Therapists work to identify what might be contributing to these behaviors and partner with individuals and families to develop strategies that support safety and regulation, and build new skills.

How can ABA help?

- Therapists may use techniques like modeling, prompting, and reinforcement to help children communicate their wants and needs, whether through speech, sign language, or alternative communication methods, to reduce frustration and enhance social interactions.
- It helps with daily living skills, such as dressing, eating, and hygiene, that promote independence.
- Therapists work to understand what might be causing behaviors that feel upsetting or unsafe. They use positive reinforcement techniques, like praise and rewards, to help build important skills, such as listening, sharing, and finishing tasks.

Types of professionals who deliver ABA therapy:

Registered Behavior Technician (RBT):

- A professional who delivers behavior-analytic services and practices under the close supervision of an RBT Supervisor, RBT Requirements Coordinator, BCaBA, or BCBA, who is responsible for their work.

Board Certified Assistant Behavior Analyst (BCaBA):

- A professional who has a bachelor's degree certification in behavior analysis and provides behavior-analytic services under the supervision of a Board Certified Behavior Analyst.

Board Certified Behavior Analyst (BCBA):

- A professional who has a master's degree in behavior analysis. They provide behavior-analytic services and supervise the work of RBTs and BCaBAs.

Board Certified Behavior Analyst - Doctoral (BCBA-D):

- A professional who has a doctoral degree in behavior analysis. They provide behavior analytic services and supervise the work of RBTs and BCaBAs.

Who do you contact for more information?

If you're interested in learning if ABA can help your child meet their needs and goals, talk with your primary care physician or autism specialist. To access ABA, you will need a prescription from a physician.