What You Need to Know About ABA Therapy

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AGENDA

1. Background History
2. What is ABA?
3. ABA in Action
4. Implementation Models
BEHAVIORAL SCIENTISTS

Why do people behave the way they do?

What accounts for behavior change over time?

How are new behaviors learned?
ABA THERAPY

Principles of Behavioral Science applied systematically in order to improve socially significant behavior.
EARLY APPLICATIONS OF ABA

B.F. Skinner
(1904-1990)

Education
Animal Training
Government/Policy

Nathan Azrin
(1930-2013)

Toilet Training
Nervous Tics
Substance Abuse
Employment

Ivar Lovaas
(1927-2010)

Autism
Discrete Trial
SOCIALLY SIGNIFICANT BEHAVIOR

**Remediating Deficits**
- Communication
- Socialization
- Self-Care
- Safe Behavior

**Reducing Challenging Behavior**
- Aggression
- Self-Injurious Behavior
- Destructive Behavior
ABA In Action: Imitation
ABA In Action: Independence
ABA In Action: Picky Eating
ABA In Action: Picky Eating
ABA In Action: Picky Eating
ABA In Action: Self-Injury
ABA In Action: Self-Injury
ABA In Action: Self-Injury
ABA In Action: Self-Injury
Therapy Process

- Identify Target Behavior(s)
- Assess & Develop Treatment Plan
- Implement Treatment Plan
- Monitor Progress
- Revise Plan as Needed
# ABA Treatment Models

<table>
<thead>
<tr>
<th>COMPREHENSIVE</th>
<th>FOCUSED</th>
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<tbody>
<tr>
<td>Multiple developmental domains</td>
<td>Limited number of target behaviors</td>
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<tr>
<td>Time-intensive (up to 30-40 hours/week)</td>
<td>More time-limited</td>
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<td>Most common for young children</td>
<td>For all ages</td>
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Tiered Therapist Model

Supervisor, Behavior Analyst
- Develops Treatment Plan
- Monitors Implementation & Progress

Therapist (Technician)
- Implements Treatment Plan
- Collects Data
- Receives ongoing supervision
Finding a Therapist

Behavior Analysis Certification Board
WWW.BACB.COM

- Education & Experience Requirements
- Board Examination
- Continuing Education
- Ethical & Professional Guidelines
BACB Certifications

Supervisor, Behavior Analyst

BCBA
Board Certified Behavior Analyst

BCaBA
Board Certified assistant Behavior Analyst

RBT
Registered Behavioral Technician
EVIDENCE OF EFFECTIVENESS

The largest category of “Established Interventions” is the Behavioral Intervention category.

“Evidence-Based Practices” consist of interventions that are applied behavior analysis techniques.
“I’m not trying to change people. All I want to do is change the world in which they live”

-B.F. Skinner (1993)