



ABA Fact Sheet

What is ABA?

- ABA stands for Applied Behavior Analysis. ABA is a science, not a specific therapy or treatment. ABA, as a science, is research based and the procedures studied through research have proven to be effective.
- Interventions based on ABA usually focus on teaching new, functional skills and reducing problematic behaviors. These skills are taught using a variety of reinforcement (reward, fun, praise) procedures, shaping (gradually building a skill) and prompting (assistance) procedures.

What kind of problems can ABA address?

- ABA has been used to address: smoking cessation, weight loss, reduction of tantrums, reduction of self-injurious behavior, learning communication skills, social skills, reading, reduction of bed wetting, addressing feeding problems, reducing aggression... and just about any behavior that is learned.

When is the best time for my child to receive an ABA based therapy?

- ABA can be used at any age, for just about any behavior, but research has shown that ABA is most effective for children with Autism when implemented at a young age.

Where does an ABA therapy take place and how many hours does my child need?

- ABA procedures can occur ANYWHERE! At a center, at school, in the community, or at home. Often, a center based program offers the most intensive, structured intervention. But it is vital parents also implement procedures at home to increase generalization of skills.

How do I know my child's ABA therapists are qualified?

- Look for these credentials: BCBA, BCBA-D, RBT. These individuals have taken additional training, supervision and exams to learn how to implement ABA effectively. Ask for references and resumes. Educate yourself, and be involved! ABA is marked by data, graphs, fun sessions, and qualified staff.