

APPLIED BEHAVIOR ANALYSIS (ABA)



THERAPY



What is ABA Therapy?

Applied behavior analysis, or ABA therapy, is the application of basic behavioral practices (positive reinforcement, teaching in small steps, prompting, and repeated practice) to facilitate the development of language, social interactions, independent living skills, and other aptitudes.

ABA is proven to be the most effective method to teach children and adolescents with Autism Spectrum Disorder (ASD) and other developmental disabilities. ABA practices have been endorsed by the Surgeon General, the National Institute of Health (NIH), and the Association for Science in Autism Research.

ABA can be used to teach a variety of skills and positive behaviors, including:

- Communication
- Positive Peer Interactions
- Self-Help Skills (toileting, dressing, bathing, etc.)
- Academics
- Fine and Gross Motor Skills
- Play and Leisure Skills
- Life Skills
- Vocational Skills

ABA is also effective in decreasing challenging behaviors such as tantrums, aggression, and self-injury.