

# Applied Behavioral Analysis (ABA)

## What is ABA? And How can it positively affect Autism Spectrum Disorder.

### What is ABA

Behavior Analysis is the scientific study of behavior. Applied Behavior Analysis (ABA) is the application of the principles of learning and motivation from Behavior Analysis, and the procedures and technology derived from those principles, to the solution of problems of social significance. Many decades of research have validated treatments based on ABA.

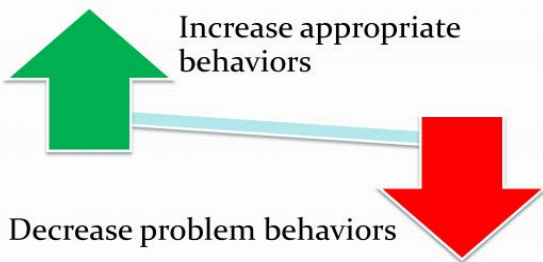
Over the past 40 years, several thousand published research studies have documented the effectiveness of ABA across a wide range of:

- populations (children and adults with mental illness, developmental disabilities and learning disorders)
- interventionists (parents, teachers and staff)
- settings (schools, homes, institutions, group homes, hospitals and business offices), and
- behaviors (language; social, academic, leisure and functional life skills; aggression, self injury, oppositional and stereotyped behaviors)

### What's the Goal of ABA Therapy

- To Improve the quality of life for both participants and caregivers
- To Use Applied Behavior Analysis to:
  - Increase appropriate behavior
  - Decrease inappropriate behavior
- To work closely with caregivers, using Evidence Based Practices

#### Using ABA to Change Behavior



### SOCIALLY SIGNIFICANT BEHAVIORS

"Socially significant behaviors" include reading, academics, social skills, communication, and adaptive living skills. Adaptive living skills include gross and fine motor skills, eating and food



preparation, toileting, dressing, personal self-care, domestic skills, time and punctuality, money and value, home and community orientation, and work skills.

ABA methods are used to support persons with autism in at least six ways:

1. To **increase behaviors** (eg reinforcement procedures increase on-task behavior, or social interactions);
2. To **teach new skills** (eg, systematic instruction and reinforcement procedures teach functional life skills, communication skills, or social skills);
3. To **maintain behaviors** (eg, teaching self control and self-monitoring procedures to maintain and generalize job-related social skills);
4. To generalize or to **transfer behavior** from one situation or response to another (eg, from completing assignments in the resource room to performing as well in the mainstream classroom);
5. To **restrict or narrow conditions** under which interfering behaviors occur (eg, modifying the learning environment); and
6. To **reduce interfering behaviors** (eg, self injury or stereotypy).

ABA is an objective discipline. ABA focuses on the reliable measurement and objective evaluation of observable behavior.

### REFERENCES:

1. [www.easterseals.com](http://www.easterseals.com) (Autism Services)
2. [www.centerforautism.com](http://www.centerforautism.com) (ABA Therapy)
3. [www.guidinglightbt.com](http://www.guidinglightbt.com)

Go to [www.GuidingLightBT.com](http://www.GuidingLightBT.com) to speak with an ABA professional today.