

# ABA 101

AUTISM  
FRIENDLY  
GUIDE



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## AUTISM FRIENDLY GUIDE

# ABA 101

Applied Behavior Analysis (ABA) therapy is a widely recognized and evidence-based treatment for individuals with autism spectrum disorder (ASD). It is focused on reinforcing positive behaviors and reducing problematic ones. Here is an overview of ABA therapy:

### WHAT IS ABA THERAPY?

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ABA therapy is a form of treatment that uses a variety of techniques, such as positive reinforcement, shaping, and modeling, to teach new skills and reinforce existing ones. ABA therapists work with individuals with ASD to set specific goals and help them reach those goals through structured and intensive therapy sessions.

### HOW DOES ABA THERAPY WORK?

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ABA therapy is based on the principles of operant conditioning, which suggests that individuals learn new behaviors through the consequences of their actions. ABA therapists use positive reinforcement, such as rewards or praise, to encourage the development of new skills and the maintenance of existing ones. They also use a variety of techniques, such as shaping and modeling, to help individuals learn new skills.

### WHO CAN BENEFIT FROM ABA THERAPY?

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ABA therapy can be an effective treatment option for individuals with ASD of all ages. It has been shown to be particularly effective for young children, but it can also be beneficial for older children, adolescents, and adults.



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### WHAT CAN I EXPECT FROM ABA THERAPY?

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ABA therapy is typically provided in a structured and intensive manner, with sessions taking place multiple times a week for several hours at a time. ABA should take place in a variety of activities and settings, with the goal of using much of each session to practice skills in natural settings. The therapist will work with the individual to set specific goals and will use a variety of techniques to help the individual reach those goals. You can expect to see progress over time as the individual learns new skills and improves existing ones.

### HOW CAN I SUPPORT MY LOVED ONE'S ABA THERAPY?

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There are several ways you can support your loved one's ABA therapy:

- Encourage your loved one to participate in therapy sessions and provide positive reinforcement for their efforts.
- Help your loved one practice the skills they learn in therapy in real-world settings.
- Follow the therapist's recommendations for reinforcing positive behaviors at home.
- Communicate with the therapist about your loved one's progress and any concerns you have.

### IS ABA THERAPY RIGHT FOR MY CHILD?

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ABA therapy can be an effective treatment option for many individuals with ASD, but it may not be the right fit for everyone. It's important to work with your child's healthcare provider and the therapist to determine the best course of treatment for your child.

By understanding the basics of ABA therapy and taking an active role in supporting your loved one's treatment, you can help them make progress and achieve their goals.



***A smile  
with every  
step forward.***



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