

# **PROVIDING ABA THERAPY TO ADOLESCENTS**

**AUTISM  
FRIENDLY  
GUIDE**



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## AUTISM FRIENDLY GUIDE

# *Providing ABA Therapy to Adolescents*

Providing Applied Behavior Analysis (ABA) therapy to adolescents can present unique challenges, as adolescents are at a developmental stage where they are striving for independence and autonomy. Here are a few tips for therapists on providing ABA therapy to adolescents:

### INVOLVE THE ADOLESCENT IN GOAL SETTING

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Adolescents are more likely to be invested in their therapy if they have a say in what goals they are working towards. Consider involving the adolescent in the goal-setting process and allowing them to have input on what skills they would like to work on.

### USE A STRENGTHS-BASED APPROACH

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Adolescents are more likely to engage in therapy if they feel their strengths are being recognized and utilized. Consider using a strengths-based approach that focuses on the adolescent's unique abilities and skills.

### INCORPORATE THE ADOLESCENT'S INTERESTS

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Adolescents are more likely to be motivated and engaged in therapy if it involves activities they are interested in. Consider incorporating the adolescent's interests and hobbies into therapy sessions.



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### USE NATURAL REINFORCEMENT

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Adolescents may be less motivated by tangible rewards and may respond better to natural reinforcement, such as social praise and recognition from peers. Consider using natural reinforcement to motivate the adolescent and encourage the development of new skills.

### ENCOURAGE INDEPENDENCE

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Adolescents are striving for independence and autonomy, so it's important to encourage them to take an active role in their therapy. Consider involving the adolescent in decision-making and allowing them to take on increasing levels of responsibility as they progress.

### BE FLEXIBLE

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Adolescents are at a stage where their needs and interests may change rapidly. It's important to be flexible and willing to adapt the treatment plan as needed to meet the adolescent's changing needs.

By following these tips, therapists can provide ABA therapy to adolescents in a way that is engaging and effective. By involving the adolescent in the therapy process and recognizing their strengths and interests, therapists can help adolescents make progress and achieve their goals.



*A smile  
with every  
step forward.*



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