



Dispelling the Myths

ABA in 2016

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Can be used to
change or modify
any behavior



Scientific
approach

Applied Behavior Analysis



Socially
significant
behaviors



Measuring and
interpreting behavior:

- Describe,
quantify and
analyze

The Seven
Dimensions of
ABA

Applied

Behavioral

Analytic

Technological

Conceptual

Effective

Generality

ABC data is a common form of narrative data collection in which target behaviors are observed (Cooper et al., 2007).



Antecedent: occurs prior to the behavior



Behavior: What did the behavior look like?



Consequence: occurs after the behavior



Recording FACTS

Antecedent Interventions



Providing choices at work time

Social narratives

Video modeling

Incorporating preferred items with non-preferred items

Providing scheduled sensory breaks

Altering a seating arrangement so a student is sitting away from another student who may be a trigger

Visual schedule

These are just a few examples



Reinforcement

- Positive
- Negative



Punishment

- Positive
- Negative

Consequences

Cooper and colleagues (2007) emphasize the importance of the following consequences:



Extinction

Functions of Behavior

Access

**Escape/
Avoidance**

Attention

**Automatic
Reinforcement**

Replacement Behaviors

- ABA seeks to reduce inappropriate behaviors while increasing appropriate (or replacement) behaviors (Cooper et al., 2007).
- So what do we replace the target behavior with?
- Teaching socially appropriate behaviors

Tapping/
saying
names

Asking
for a
break

Asking for
items or
activities

Using a
chewy
to bite

Teaching Skills with ABA

Teach

- After baseline
- Errorless teaching

Baseline

- New skills
- Completed prior to teaching a skill

Mastery

- Illustrates independence
- Look for generalization



Response
maintenance = **Time**



Setting/situation
generalization =
Settings

Generalization

Cooper and colleagues (2007) provide the corresponding terms and definitions of those aspects:



Response generalization = **Behavior**

What does ABA look like?



What does ABA look like?



Using data to make decisions.
What a novel idea.



Science
of ABA



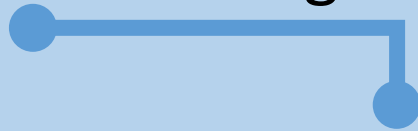
Natural
Environment
Teaching

Functional
Living Skills

Practical uses of ABA

Social
Skills

Vocational/Technical
Training



The background is a solid light blue color. There are three white, fluffy clouds scattered across the scene. Three puzzle pieces are also present: one at the top center, one at the bottom left, and one at the bottom right. Each puzzle piece is white with a blue outline and a soft shadow beneath it. The text 'Why ABA?' is centered in the middle of the image.

Why ABA?

Treatment of ASD

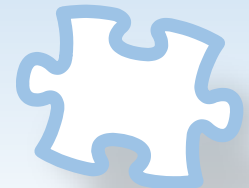
The background features a light blue sky with soft, white, fluffy clouds. In the center, several interlocking puzzle pieces are arranged to form a globe. The puzzle pieces are a light beige color with white outlines. One piece is missing from the top left, and another is missing from the bottom right, leaving gaps in the globe's structure.

ABA is the most evidence
based treatment for
individuals with Autism

(Axelrod, McElrath, & Wine 2012)

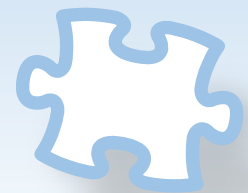
Why ABA?

- Scientifically Based and Empirically validated
 - NPDC and NAC studies
- We are the responsible advocates for best practice for children with Autism therefore we should be the informed consumers when guiding parents in treatment
 - Non-scientifically supported treatments for Autism represent more than 75% of treatments mentioned in print media today.
 - Wall street Journal, Daily News and USA Today 97-100% of their coverage
 - LA Times and New York Times had most, but less than half of their references were devoted to ABA
 - Non-Scientifically supported treatments received 4 times as much exposure.
 - Music Therapy, gluten/caesin free diets, facilitated communication, secretin, floortime, sensory integration, serotonin, and chelation.



Why ABA?

- Recent theories support hyper-functioning of the brain
 - ABA teaches children to respond to certain stimuli while simultaneously ignoring other stimuli (teaching children how to learn).
- Data, Data and more Data
 - Beginning, Middle and End



Who benefits from ABA?

ABA is not just for individuals with Autism
Common applications of ABA include:

1

**Treatment of
Autism Spectrum
Disorders**

3

**Mental health
treatment**

1

2

3

4

5

2

**Organizational
behavior
management**

4

General education

5

**Criminal Justice
field**



Organizational Behavior Management

- Improve employee performance through ABA principles
- Improve behavior relating to patient safety in hospitals
- Reduction of medical errors in healthcare organizations (Cunningham & Geller 2011)

Mental Health Treatment

- Treatment for emotional & psychological disorders (Ross 2007)
- Treatment of dementia in older adults (Trahan, Kahng, Fisher, & Hausman 2011)

General Education

- School Wide Positive Behavior Intervention & Supports
- ABA in the general curriculum (Axelrod, McElrath, & Wine 2012)

Criminal Justice Field

- Using token economies with inmates

(Milan, Rehabilitation Research Foundation, & Others 1974)

Services

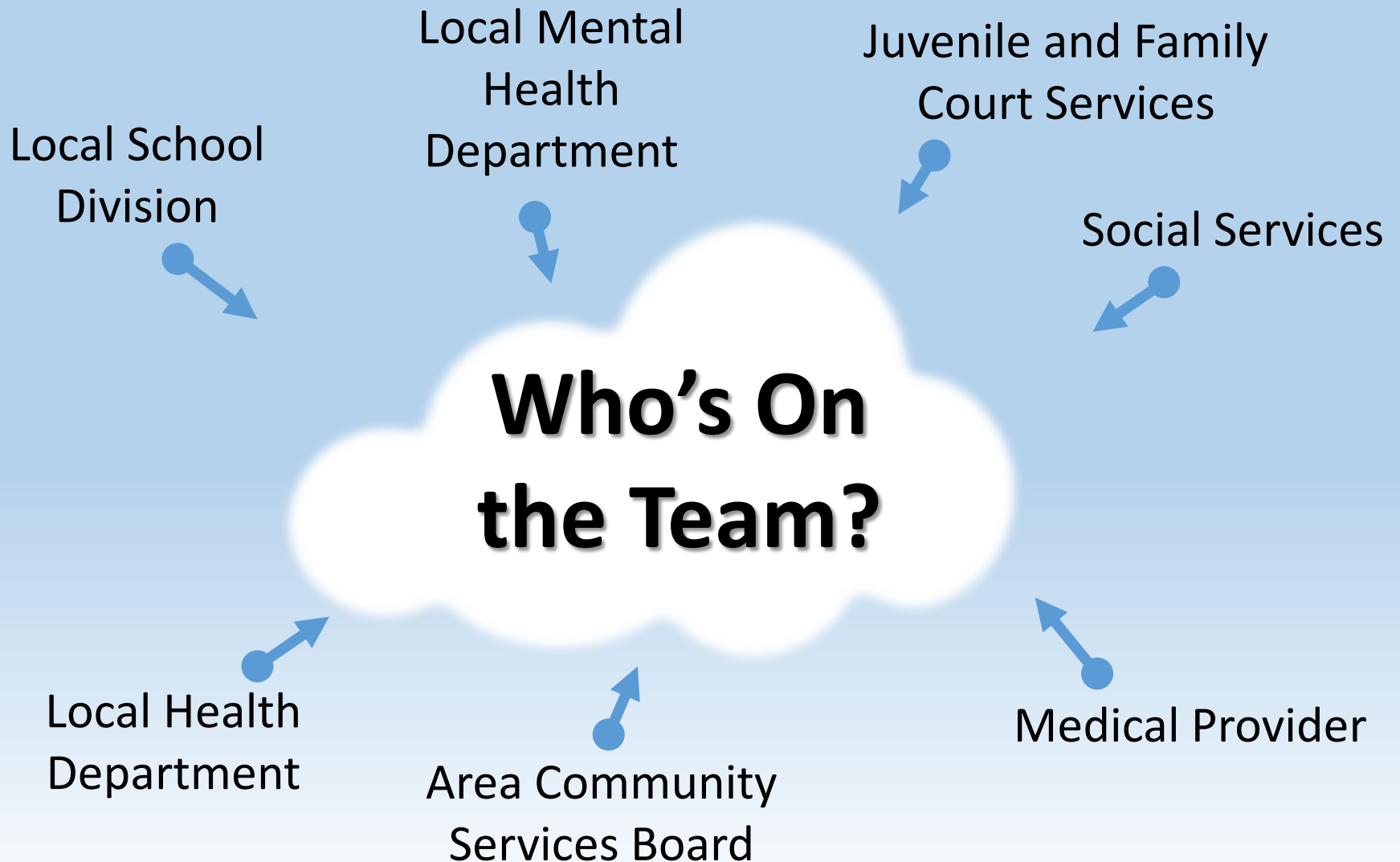
What services are available when your child is diagnosed?

What is best?

Who should be involved?



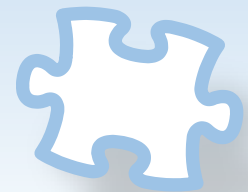
Getting Started: Help Families Apply for Services – Who To Call?



Making Contact



- Any above agency can help families apply for services! When making contact, families should,
 - Inform of family situation
 - Ask for FAPT meeting
 - Fill out and sign releases – Important!





Why Sign Releases?

**Privacy laws
must be followed**

**FAPT: Comprised of
many community
agencies**

**One release
won't suffice**

**Agencies require
family information to
make determination
of services**

**Determination requires
detailed reports from
multiple sources**

How To Strengthen Rapport



Children in private day schools most likely receive FAPT and/or CSA services

Private day school staff provide regular updates on student

Involve Families

Organize face-to-face meetings or phone conferences between agencies

Include private day school staff in monthly meetings

Open communication between all involved

Trust is key to building healthy relationships

One of the reasons it's critical to build rapport with parents is so that you can gain trust.

Effectiveness of Parent Training

- Parent training is essential, but rarely funded
- Parents coaching strategies that were used:
 - Building rapport
 - Reviewing information
 - Modeling techniques
 - Providing feedback
 - Building independence

Effectiveness of Parent Training

- Children whose parents were trained to carry out interventions continued to make gains
- Children who were returned to institutional settings lost their previously mastered skills
- Parents of children with autism were taught a variety of interventions:
 - Increase communication skills
 - Decrease inappropriate behavior
 - Teaching parents to provide intervention has also been shown to increase generalization and maintenance skills over time

Collaboration with Parents

Clinic

- Weekly parent training sessions
- Consistent schedule of meetings
- Review data and probe for understanding of behaviors
- Check for generalization of behaviors
- Share video of sessions

Schools

- Weekly phone calls
- Face-to-face discussion at pick up/drop off
- Communication notebooks
- Materials sent home with students once mastered in the school environment
- Data sheets for parents to use

In Home

- Parent must be present during therapy
- Parents participate in training during each session
- Monthly summaries are provided to review all aspects of child's programming

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