

NEW

# Applied Behavior Analysis

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Applied Behavior Analysis is a form of therapy that aims to target and alleviate unwanted behaviors by understanding what triggers them and learning to replace those triggers with new, healthier behaviors.



## When is it used?

ABA is commonly practiced as a therapeutic intervention for children with developmental delays and conditions like autism. According to the Center for Autism, ABA helps a child with Autism Spectrum Disorder improve social interactions, learn new skills, and maintain positive behaviors.

ABA also helps transfer skills and behavior from one situation to another, controlling situations where negative behaviors arise and minimizing negative behaviors. With autism, ABA is most successful when intensely applied for more than 20 hours a week. Success can be achieved at all ages, but statistically results improve if therapy begins before the age of 4.

## How it works?

ABA takes a research approach to therapy based on proven theories of learning and behavior. Therapists who use ABA understand how human behaviors are learned and how they can be changed over time. ABA programs are overseen by a Board Certified Behavior Analyst (BCBA) who evaluates a child's behavior and develops treatment plans to help improve the communication and behavior skills necessary for success. BCBAs can also provide training to parents to help address their child's behavior and help their child learn new skills.

For the greatest results, ABA requires heavy monitoring and continuous evaluation. Therapists and other health professionals work within settings such as schools, homes, and community centers to evaluate and modify treatment as it progresses.

## What to expect.

When working with an ABA therapist, you will:

- 1) Determine which behaviors require change
- 2) Set goals and expected outcomes
- 3) Establish ways to measure changes and improvements
- 4) Evaluate where you are now
- 5) Learn new skills and/or learn how to avoid negative behaviors
- 6) Regularly review your progress
- 7) Decide whether or not further behavior modification is necessary

The length of time spent in ABA depends on the severity of the problem and individual rate of improvement.

## What to do next.

Talk to your pediatrician about ABA and if it is an option for your child ask for a referral to the Siskin Center for Developmental Pediatrics.

Call today to learn more about ABA therapy services at Siskin Children's Institute.

423.490.7710

Or visit us online at [siskin.org/aba](https://siskin.org/aba)

