

# CLINIC SERVICES

## APPLIED BEHAVIOR ANALYSIS (ABA) SERVICES



### What is Applied Behavior Analysis (ABA)?

Applied Behavior Analysis (ABA) is a scientifically derived and validated approach to understanding behavior and how it is affected by the environment. ABA therapy is the use of different techniques and principles to bring about meaningful and positive change in behaviors and skills from infancy and pre-school through adulthood. The goal of ABA therapy is to increase useful behaviors and skills, and reduce those that may cause harm or may interfere with learning.

### Who benefits from Applied Behavior Analysis (ABA) Services?

Children, teens and adults with the following disorders or disabilities can greatly benefit from ABA assessments and therapy:

- Autism Spectrum Disorder (ASD)
- Asperger's Syndrome
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Dyslexia
- Learning Disability
- Down's Syndrome
- Developmental Delay/Intellectual Disability
- Tourette's Syndrome
- Cerebral Palsy
- Fetal Alcohol Spectrum Disorder
- Fragile X Syndrome
- Brain Injuries
- Bipolarity
- Depression
- Borderline Personality Disorder
- Schizophrenia
- Substance Abuse

### What do ABA Services consist of?

ABA services include a variety of assessments and trainings, as well as therapeutic interventions. Assessments include Functional Behavior Assessment, Social Skills Screening, Vocational Skills Assessment, and many more. Trainings include Behavior Intervention Plan, training and various other trainings for parents, teachers and care givers. ABA therapy is designed to help children or adults with special needs learn important skills and decrease behaviors of concern which often interfere with their learning and development. The frequency of each ABA session is pre-planned based on each child's level of functioning, learning curve and severity of negative behaviors.

### What can Applied Behavior Analysis (ABA) Therapy help with?

- Problem behaviors: inappropriate, dangerous or self-injurious behaviors
- Communication skills
- Social relationship
- Play skills
- Self-care and daily living skills
- Academic learning
- Basic skills, such as looking, listening, imitating, etc.
- Complex skills: reading, conversing, following instructions, etc.

### What is the first step?

When you contact us, our Intake Specialist will discuss your needs and concerns with you over the phone. She will then consult with our team of specialists to match you with the most suitable professional to support you and your child.

You will then meet with the specialist(s) for an intake meeting, during which they will work with you to determine the most appropriate next steps for your child. The intake meeting usually involves a parent interview, an observation of your child, or a screening activity with your child.