

Applied Behaviour Analysis (ABA)

primer

www.ontaba.org for more information

What is ABA?



1. Based on Science 50+ years of applied research & thousands of controlled studies.

2. Increases Adaptive Behaviour
Focuses on teaching new skills.



3. Reduces Challenging Behaviour
Employs best clinical & ethical practices.

4. Data-Driven

Progress monitoring through observation & data analysis.



5. Supervised by Experts

Board Certified Behavior Analyst (BCBA) or Psychologist with ABA expertise designs & oversees treatment.



6. Widely applicable

For people of any age, with or without a diagnosis. Type and intensity of treatment is based on individual needs.

What ABA is NOT



A closed-door therapy.

A harmful or punitive treatment.

A treatment only focused on problems.

A series of procedures that can be used without training and expert supervision.

A treatment used exclusively for autism.

A one-size-fits-all approach.