



AN INTRODUCTION TO
ABA THERAPY

**HELPING CHILDREN MAKE BIGGER
STRIDES TOWARD A BRIGHTER FUTURE.**

WELCOME TO BRIGHTER STRIDES ABA

LIFE-CHANGING THERAPY FOR CHILDREN WITH AUTISM & OTHER NEURODIVERGENT DIAGNOSES

It is our mission to provide personalized, effective ABA therapy to help your child make *bigger strides* toward a *brighter future*.

Your knowledge and participation are critical to your child's success with ABA. This simple guide is designed to inform and empower **you**.





WHAT IS ABA?

Applied Behavior Analysis (ABA) is a scientific, evidence-based therapy model that uses learning theory principles to develop skills and improve behaviors in people with autism and other developmental disorders. It is used to address individual needs in the areas of cognitive, behavioral, social, and executive functioning.

HOW DOES IT WORK?

ABA is based on the concept that behaviors that are rewarded are more likely to be repeated. By using positive reinforcement to encourage desired behaviors, ABA therapy helps people acquire new skills and reduce challenging behaviors that can impact functioning and quality of life.

When we identify the barriers that currently exist, understand why negative behaviors are occurring, and what prerequisite skills may be missing—we are able to teach your child the necessary skills to flourish, while respecting and celebrating their individuality.

WHAT IS THE INITIAL ASSESSMENT?

After your child has received an autism diagnosis or other qualifying diagnosis, this assessment is used to determine if ongoing ABA therapy is needed and if so, to develop an appropriate treatment plan.

Through a combination of direct observation, interviews, record review, activities, and testing, one of our Board Certified Behavior Analysts (BCBAs) will conduct a primary evaluation of your child's current skills and needs.

Background, family history, diagnoses, as well as your child's strengths and behaviors of concern will be discussed in order to identify behavioral and/or skill deficits and areas for growth.





WHAT HAPPENS NEXT?

Following the initial assessment, the BCBA will discuss a proposed therapy intensity and treatment plan for your child's long and short term goals.

He/she will develop an initial evaluation plan of care to submit to your insurance provider.

THERAPY INTENSITY

Your BCBA will determine treatment intensity based on insights and observations from your child's initial assessment including therapeutic priorities and goals, treatment settings, severity of deficits, concerning behaviors, overall weekly schedule, age, and other pertinent circumstances.

He or she will propose a recommended weekly number of therapy hours. Together you will create a schedule for services that best fits your lifestyle.

Because our work requires many trials and repetition, consistency is a key component of progress. ABA may need to be provided more often, and for longer periods of time than other therapies.

TREATMENT PLAN

Based on findings from your child's initial assessment, the BCBA will develop a highly individualized ABA therapy care plan that outlines specific goals and recommendations to address your child's needs.

The treatment plan is a written protocol that includes assessment results, goals and objectives, intervention strategies to address challenging behaviors, techniques to promote positive behaviors, plan progress monitoring, and parent training.

Treatment plans are required when starting ABA services and whenever authorization requires updating, typically every six months.





TREATMENT PLAN REVIEW

Your BCBA will notify you when your treatment plan is complete and ready to be submitted to insurance.

Before submission, you will meet once more to review the goals, behavior plan, and all other pertinent details. It is important that you and your family are comfortable with all proposed interventions, strategies, and programs.

THERAPY SESSIONS

Depending on the location of services (in-home, center, or school-based), Registered Behavior Technicians (RBTs) will implement the program goals defined in your child's Behavior Treatment Plan. Working 1:1 during each session with your child, the RBTs will facilitate ABA therapy techniques as outlined by your BCBA.

To ensure that the RBT is running targets as intended, your BCBA will maintain oversight with direct supervision (in-person or virtually) 1-2 times per week. The BCBA will modify interventions and update behavior plans as needed. All progress updates and BIP changes will be discussed with you during parent meetings.

PARENTAL INVOLVEMENT

Parents and guardians play a critical role in their child's ABA therapy success. Your BCBA will support you with parental coaching and communicate directly throughout your child's program, but it is important to understand your role in the process from the outset.

Research shows that parental involvement in therapy significantly improves outcomes. By sharing valuable insights about your child's preferences, strengths, and challenges during our assessment and then actively participating in their therapy, you are an important factor in their progress.

Your support and encouragement during therapy sessions can help your child stay motivated and engaged. With parental reinforcement of therapy techniques and strategies in daily life at home, children can better generalize their skills across different environments.





WHAT WE TEACH

ABA therapy teaches skills to replace problem behaviors, reduce interfering behaviors, and increase positive behaviors.

We work on improving language and communication skills, cognitive skills, social interaction and participation in activities, daily living skills such as self-care and routine hygiene, and play and leisure skills.

ABA supports your child's ability to generalize learned skills so they may transfer behavior from one situation or response to another. Though we don't teach academics specifically, our work focuses on reducing the behavioral barriers that interfere with your child's ability to accomplish and comply with tasks. By removing these obstacles to learning, ABA therapy motivates performance and improves cognition which can help your child be more available for academics.

BEYOND THE SCOPE OF ABA

Though ABA is a comprehensive approach with far-reaching benefits and the potential to positively impact almost every area of your child's life, it is important to define what falls outside the scope of our work.

ABA does not work directly on improving academic skills, nor do we tutor students or provide homework assistance. Our work does not involve reducing behaviors that are not harmful or negatively impacting your child's daily functioning or ability to learn (i.e., hand flapping).

ABA & OTHER THERAPIES

ABA can be used as a standalone treatment, but is often most effective as part of a holistic approach in combination with other therapies.

If your child's care involves interdisciplinary collaboration, your Brighter Strides ABA team will work together with your child's Counselors, Speech, Occupational, and/or Physical Therapists to set shared goals as part of a comprehensive treatment.



ACRONYMS DEFINED

Understanding your child’s ABA therapy begins with learning the many acronyms that will be used.

ABA: Applied Behavior Analysis

Applied behavior analysis, also known as ABA therapy, is an evidence-based, best practice treatment for individuals diagnosed with autism spectrum disorder and other developmental disabilities.

ASD: Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. Although autism can be diagnosed at any age, it is described as a “developmental disorder” because symptoms generally appear within the first 2 years of life.

BCBA: Board Certified Behavior Analyst

A graduate-level certification in behavior analysis. Professionals certified at the BCBA level are independent practitioners who provide behavior-analytic services.

BIP: Behavior Intervention Plan

Also known as a behavioral treatment plan, this is a detailed plan that outlines strategies for managing or modifying problematic behaviors.

DSM-5: Diagnostic and Statistical Manual of Mental Disorders—5th edition (most recent)

From the American Psychiatric Association (APA), this is the main reference book on brain-related conditions and disorders used by mental health providers in the U.S. It outlines “criteria” for the ASD diagnosis.

RBT: Registered Behavior Technician

A paraprofessional working under the supervision of a BCBA to implement behavior plans and interventions, collect data, and monitor progress.



CONTACT US

Please contact us for more information. We are always happy to answer your questions and direct you to the many resources available in the community.



- 🌐 www.brighterstridesaba.com
- ✉ info@brighterstridesaba.com
- 📷 [@brighterstridesaba](https://www.instagram.com/brighterstridesaba)
- ☎ 888-421-0788