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.