

WHAT PEDIATRICIANS SHOULD KNOW ABOUT APPLIED BEHAVIOR ANALYSIS (ABA)



What is applied behavior analysis (ABA)?

ABA is a well-developed scientific discipline that focuses on analyzing, designing, implementing, and evaluating social and other environmental modifications to produce meaningful changes in human behavior.

This treatment approach has proven effective across the lifespan and for a variety of disorders and conditions. ABA's success remediating challenging behaviors associated with a diagnosis of autism, as well as developing, restoring, and maintaining skills, has been documented in hundreds of peer-reviewed studies over the past 50 years.

Who is qualified to practice ABA?

Professional practitioners of ABA are called behavior analysts. Behavior analysts are professionals with a master's or doctoral degree who are qualified by education, training, state licensure, and/or national certification to practice behavior analysis independently.

The oldest and largest national professional certification organization in ABA is the Behavior Analyst Certification Board® (BACB®). The BACB is a nonprofit organization established in 1998 to certify ABA practitioners. BACB certification helps health plans and their subscribers identify providers who meet entry-level competencies to practice ABA.

Are ABA services tailored to support the individual needs of the patient?

Yes. Individualizing ABA care is critical to achieving optimal patient outcomes. Behavior-analytic services are designed to support the development of skills to enhance patient well-being, autonomy, and independence and to expand opportunities throughout the lifespan.

The course of treatment is guided by assessment and a treatment plan tailored to support the individual needs of the patient. Treatment planning and implementation should be collaborative, involving family and caregivers.

Where is ABA therapy provided?

ABA treatment is delivered in the settings that maximize treatment outcomes for the individual patient, e.g., home, clinic, school and other community settings such as recreational and social environments.

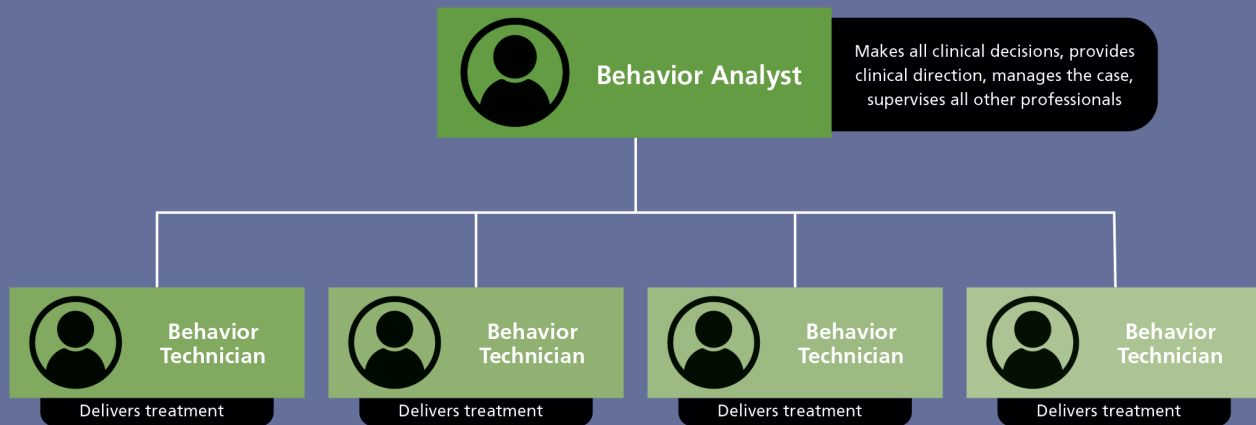
It may be medically necessary for a patient to receive services in a particular location for a variety of reasons, including generalization needs, the impact of interactions in this environment on skill building or behavioral targets in the treatment program, or to access the required intensity of services for the patient.

What is the delivery model for ABA services?

Tiered service-delivery models are the primary mechanism utilized by behavior analysts in comprehensive treatment programs for autism to achieve significant improvements in cognitive, language, social, behavioral, and adaptive domains that have been documented in the peer-reviewed literature.

ABA treatment services are most commonly delivered using a two-tiered service-delivery model with one or more behavior technicians working under the direction and supervision of a behavior analyst.

TWO-TIERED SERVICE DELIVERY MODEL



For more detailed information about ABA services for autism, please refer to *Applied Behavior Analysis Practice Guidelines for the Treatment of Autism Spectrum Disorder: Guidance for Healthcare Funders, Regulatory Bodies, Service Providers, and Consumers.*



casproviders.org



info@casproviders.org



@CASProviders