

# Applied Behavior Analysis (ABA) and Autism Spectrum Disorder

## What is ABA?

ABA stands for Applied Behavior Analysis. It is based on the science of learning and behavior and is used in treatment for children with an Autism Spectrum Disorder (ASD). ABA helps children make positive changes in their behavior by studying how each child learns best. ABA can also help reduce harmful or challenging behaviors. ABA encourages positive behaviors and discourages negative behaviors in order to improve different skills such as communication and social skills. ABA can also be used to help a child learn to take care of themselves.

ABA is like a set of tools, so each child may get treatment that looks a little different. That's because ABA is designed to meet the unique needs of each child. ABA is used where the child needs it: in the school, the home and the community. The child's progress is tracked and measured closely. Changes to treatment are made based on this information.


## Why would I want ABA for my child with ASD?

ABA is considered an evidence-based "best" practice treatment for ASD by the U.S. Surgeon General and by the American Psychological Association. Evidence-based means that the program has been shown to work and help people reach their goals. You may also have heard of Verbal Behavior, Discrete Trial Training (DTT), or Pivotal Response Therapy (PRT). These treatments are all based in ABA, which is considered the best choice for treating symptoms of ASD.

### For Example:

An ABA treatment plan may help to teach a child to ask for help instead of yelling or getting upset when they need something. ABA can also help a parent teach their child how to take a bath or get dressed for school.

## How can I get more information about ABA?

To learn more about ABA or other ASD services, please contact Community Behavioral Health's Member Services at  
 (888) 545-2600.

For information about treatment options, contact the Philadelphia Autism Project at PhillyAP@drexel.edu or visit [www.phillyautismproject.org](http://www.phillyautismproject.org)

You can also find information by visiting the Autism Services, Education, Resources, and Training Collaborative (ASERT) at [www.paautism.org](http://www.paautism.org) or by contacting the ASERT Resource Center by phone, M-F from 8am-5pm EST at 1-877-231-4244 or by email at [info@paautism.org](mailto:info@paautism.org)