



ABA Therapy & Parent Involvement

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Who am I ?



- Matt Heininger -
 - Board Certified Behavior Analyst since 2015
- Worked with Autism population and other development disorders for over 13 years
- LA Regional Director at Butterfly Effects
- Butterfly Effects is a nationwide and leading ABA provider, servicing 25+ markets across 12 states

A Few Simple Terms

ABA - Applied Behavior Analysis

BCBA - Board Certified Behavior Analyst

Behavior Technician - Person working 1:1 with your child

Positive Reinforcement: Something provided to the person when they perform the desired action, so they associate the action with the reward and are more likely to do it more often.





What is Applied Behavior Analysis (ABA) ?

- A therapy that can improve social, communication, and learning skills through **positive reinforcement!!!**
- Evaluates **environmental & contextual variables** to make evidence-based decisions.
- Considered the **gold-standard treatment** for children with autism spectrum disorder (ASD) or other developmental conditions.



A Daily Dose of ABA

- Given a week of school, mealtime, and sleep, 10 hours of ABA therapy accounts for only 7% of their child's workweek.
- ABA can range from 10-30 hours per week
- Research shows that no less than 12 hours per week is most effective in treating autism and teaching skills for lasting success.

Are more hours better?



Making the Most of Therapy

- Studies show that parent involvement is the one invariable factor but most integral part of success in early intervention programs for children (Ozonoff & Cathcart, 1998)
- Behavior Analysts are the experts on behavior, parents are the experts on their child.
- Parents are the lifelong teachers
- It's important to get a comprehensive understanding on not “**WHAT**” to do, but “**WHY**” we do



Relatable Examples

- Let's go to a PRE-COVID land far far away....
Now envision you are picking up a friend to go somewhere....



Relatable Examples



How We Behave: The Moral of the Example



- Individuals respond differently depending on history, setting, or environment
- How we respond, is based on what actions/behaviors are reinforced

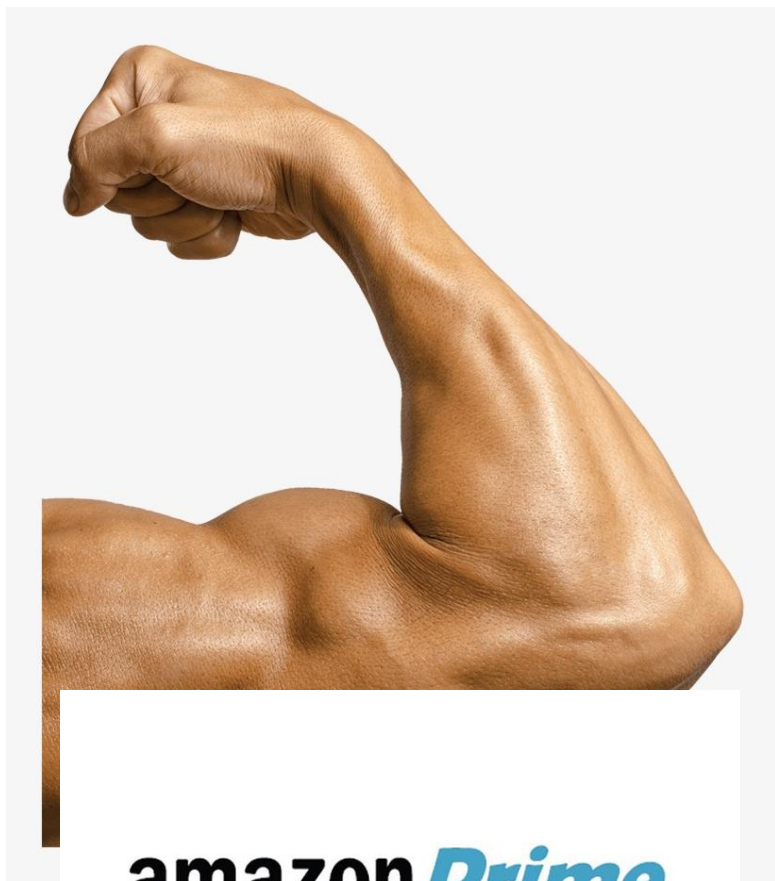
Behaviors that are reinforced increase.

Behaviors that are not reinforced fade away.

ABA teaches new skills.

New skills **REQUIRE** reinforcement.

The Power of Reinforcement



amazon *Prime*

- Humans exercise lowest effort possible
- For children, lower effort options are often skills that are missing.
- Resort to large scale actions that are inappropriate to express their wants and needs.
- Tantrums and outbursts are for a reason!
- Humans gravitate to reinforcement that's available, including our children!



Parents To The Rescue

- Consistency of strategies is imperative for lasting success of your child
- ABA incorporates parents to teach to reinforce new skills, decrease problem behaviors... AND MUCH MORE



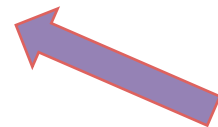
Promoting Generalization & Maintenance



- It's the BCBA's job to inform parents of their child's program and what goals are mastered, to best incorporate opportunities for continued practice

Examples:

- Asking mom's phone number
- Practicing greetings with cashier at Target
- Identifying, counting money



Why is this TV show on here?



Promoting Generalization & Maintenance

Different Types of Parent Involvement

- Reinforcing newly taught skills, not reinforcing undesirable behaviors
- Providing opportunities to generalize skills across different settings, people
- Learning prompting strategies through observation
- Carrying out behavior management tactics
- Maintaining skills in the natural environment
- Parent meetings

Parent Involvement

- An ABA treatment plan should develop in collaboration with parents/stakeholders
- Early parent involvement creates a family centered therapy model that reflects the family's concerns, customs, and values
- Caregivers should feel connected and fully informed of the program



Additional Resources



- Autism Speaks Parent Guide

<https://www.autismspeaks.org/tool-kit/atnair-p-parents-guide-applied-behavior-analysis>

- ABA Visualized Guidebook

<https://abavisualized.com/>

- Butterfly Effects Website

<https://butterflyeffects.com/>

Thank
you



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