Applied Behavior Analysis Curriculum Model

What is Applied Behavior Analysis (ABA)?

"A scientific approach for discovering environmental variable that reliably influence socially significant behavior and for developing a technology of behavior change that take practical advantage of those discoveries."

- *Applied Behavior Analysis*, *Second Edition*

Why ABA?

- <u>Decreases</u> Problem Behaviors, <u>Increases</u> Positive Behaviors

- Teaches Replacement Skills

- Emphasizes Self-Awareness

- <u>Evidence-based Best Practice</u>, *American Psychological Association* and *US Surgeon General*

- *Institute of Applied Behavior Analysis*

ABA Therapy Curriculum Outline

Discrete Trial Training

Discrete Trial Training utilizes a one-on-one teaching method. Repetition is a key component; which is important in order to master skills and establish long term memory. Desired behaviors are condensed into multiple, simple steps and each step is then prompted and positive reinforcement is utilized.

Natural Environment Training

This training model focuses on teaching children in the environment they will use their skills. Client initiates activities, and specialist follows their lead because it maximized reinforcement. It also helps facilitate naturally occurring opportunities, which are a key component used to teach language.

Verbal Behavior Therapy

Therapy is one-on-one and focuses on helping clients relate words to communication and request, instead of as labels. Nonverbal communication is a key component of therapy implementation in the beginning stages. Prompts are readily provided, when needed, by specialist to ensure "errorless" learning. Verbal Behavior Therapy is typically implemented 1-3 hours per week, and in beneficial for all age groups.

Pivotal Response Training

Pivotal Response Training is child initiated and play based, with goals in areas of language, communication, positive social behaviors, and decreased self-stimulatory behaviors. Motivation and natural reinforcement are key components. This method works best with preschoolers, and elementary aged children.

Early Start Denver Model

This program model was developed for toddlers, aged 12-48 months with Autistic Disorder. Its development was based off of Pivotal Response Training. The program can be implemented in a clinical setting, or in the child's home. The model establishes thorough parental involvement and focuses on positive language and communication development. *Pediatrics* published a study showing children who received ESDM therapy for 20 hours a week (5 hours via parent, and 15 hours via specialist) over a two year time span had better improvements, and less symptoms of Autism than their peer receive other common forms of referred interventions.

Natural language Paradigm

Natural Language Paradigm emphasizes child initiative, and uses deliberate arrangements of the environment to increase opportunities to use language and natural reinforces.

- *Autism Speaks Autism Treatment Network*

Program Fulfillments

Assessments: Assessments will be conducted using the "Verbal Behavior Assessment and Placement Program "VB-MAPP". Parent interviews and direct client observation, including ABC data recording, will also take place.

Treatment Plans: All treatment plans will reflect client individual needs.

Therapy Services: Services will primarily take place in the client's natural environment. Service hours will vary by individual client need.

Specialist Training: All Behavior Support Specialist will receive 40 hours of training in company practice, and ABA techniques prior to being assigned an independent case load.

Data Collection: Data will be collected for each client, every session. Data will be recorded in a data base and analyzed weekly and monthly. Referral sources and families will receive monthly reports.

Family Training: Parent training will occur in order to provide the caregiver with the needed knowledge to carry out strategies between visits.