



# Behavior: The Benefits of ABA

By Bebe Bode

What is behavior? I think when people hear the word behavior they automatically think of bad behavior. Behavior is basically everything we do. It refers to all behavior not just problem behaviors.

If you've studied anything about behavior you have heard about the ABCs. "A" refers to the antecedent, or the event or activity that immediately precedes a behavior. The "B" refers to observed behavior, and "C" refers to the consequence, or the event that immediately follows a response.

What is a consequence? *the effect, result, or outcome of something occurring earlier.* Consequences can be good or bad depending on the point of view of the behavior. Categorizing consequences into good, bad, or even neutral classes can be a relatively difficult task. For example, getting attention from someone by exhibiting inappropriate behavior in a situation may be a "good" consequence. However, since the attention may be unpleasant (a scolding, for example, or a frown), this could also be an unpleasant or "bad" consequence.

Most people are going to engage in behaviors that work. For example: I am in line at the grocery store and my child is crying. I reach over and get him some candy and give it to him, he stops crying. More than likely the next time we are in the grocery store the same scenario will repeat itself.

What is ABA Therapy? *"Applied behavior analysis (ABA) is the use of these techniques and principles to bring about meaningful and positive change in behavior. Behavior*



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*analysis focuses on the principles that explain how learning takes place. Positive reinforcement is one such principle. When a behavior is followed by some sort of reward, the behavior is more likely to be repeated. Through decades of research, the field of behavior analysis has developed many techniques for increasing useful behaviors and reducing those that may cause harm or interfere with learning.”*

As a parent who has participated in ABA therapy for her son, I can only say that all of the above took place because of ABA therapy. What parent’s should understand is that this will look different for each individual child. Is ABA a cure for autism? No, it is not, but the techniques applied have increased the levels at which my son participated socially, decreased many behaviors that interfered with his learning, provided the one-on-one approach needed to learn specific skills, advanced his communication skills, and taught me as a parent how to work with my son to get the same results.

Children with autism are not the only ones who can benefit from ABA therapy. ABA can benefit children with developmental disabilities, traumatic brain injuries, physical aggression, self-injurious behavior and more. I love Pinterest and I recently ran across an ABA Infographic from North Shore Pediatric Therapy located in Des Plaines, IL, that I feel is an excellent example of ABA in a nutshell. The Infographic is located at: <http://info.nspt4kids.com/aba-infographic>

There are many facets of ABA therapy, and when properly applied it can help many children in a traditional classroom setting so that they can learn alongside their peers. Discrete trial teaching offers repetitive lessons that help children learn specific behaviors, actions, and concepts that can be applied at home, in the classroom, and throughout their lives.

Families Helping Families of Jefferson recently partnered with Butterfly Effects and the Autism Society of Greater New Orleans to offer training on ABA for parents in February. We will again collaborate on Saturday, April, 30, 2016 to provide training for teachers and other professionals. The training will be held from 9:30 am - 1:30 pm at the East Bank Regional Library, 4747 W. Napoleon Ave., Metairie, LA. To register, please call 504-888-9111, or 800-766-7736.



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To register online, please visit, <http://events.r20.constantcontact.com/register/event?oeidk=a07ec6ybvqj8db5c37b&llr=ifmaz8bab>

# ABA for Teachers & Other Professionals

applied behavior analysis

**Saturday,**  
**April 30, 2016**  
**9:30 am - 1:30 pm**



This workshop is specifically designed for teachers and other professionals such as Occupational Therapists, Physical Therapists, and Speech Language Pathologists.

During the workshop participants will learn about the principles of ABA and how to implement these interventions in their classrooms and their sessions. ABA is derived from the basic principles of behavior outlined by psychologist B.F. Skinner. Thousands of journal articles and books have demonstrated that ABA can be used to solve some of the most difficult behavioral problems.

East Bank Regional Library  
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Metairie, LA 70001

To register, call: 504-888-9111 or  
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To register online, please visit:  
<http://events.constantcontact.com/register/event?llr=ifmaz8bab&oeidk=a07ec6ybvqj8db5c37b>

A lite lunch will be provided.



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