



## ABA THERAPY WORKSHEET

Following is the information regarding ABA and its techniques in the worksheet. Read it carefully so that you can have awareness before starting your child's treatment for autism or other neurodevelopmental disorders.

### Techniques used in ABA

- **Discrete Trial Training:** The therapist will give a cue, ask for the target behavior, and then praise it with positive reinforcement. This technique is repeated until the required behavior appears on its own. DTT can be used by therapists to help people with autism acquire social and behavioral skills.
- **Modeling:** The therapist may demonstrate what the participant is required to perform in person, on film, or through audio. This method is particularly useful for helping children develop social and communication skills e.g meeting new people, greeting, shaking hands, etc.
- **Picture Exchange Communication System:** It primarily teaches communication and linguistic skills to children through the use of visuals. In exchange for the child's picture of the desired object, the therapist offers the child the object depicted in the picture. They continue to transmit new words, sentences, and modifiers using this approach.
- **Reinforcement Systems:** Reinforcement systems are used by ABA therapists to educate children about the repercussions of specific behaviors. Individuals may be urged to try again if they do not engage in the right activity, or reinforcement may be delayed until the behavior is observed. If they accomplish the behavior appropriately, they may be awarded or given positive reinforcement in the form of a reward or praise.

### References

[Yu, Q., Li, E., Li, L., & Liang, W. \(2020\). Efficacy of Interventions Based on Applied Behavior Analysis for Autism Spectrum Disorder: A Meta-Analysis. \*Psychiatry investigation\*, 17\(5\), 432–443. https://doi.org/10.30773/pi.2019.0229](https://doi.org/10.30773/pi.2019.0229)

[Eckes, T., Buhlmann, U., Holling, HD. et al. \(2023\). Comprehensive ABA-based interventions in the treatment of children with autism spectrum disorder – a meta-analysis. \*BMC Psychiatry\* 23, 133. <https://doi.org/10.1186/s12888-022-04412-1>](https://doi.org/10.1186/s12888-022-04412-1)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.