

# Applied Behavior Analysis – Part 1

Jill Fodstad, Ph.D., HSPP, BCBA-D  
*Associate Professor of Clinical Psychiatry in Clinical Psychology*  
*Indiana University School of Medicine*  
*Department of Psychiatry*



# Outline for Today

1. Overview of Applied Behavior Analysis (ABA)
2. Basic components of ABA-based interventions
3. Evidence for ABA models for those with ASD/ID
4. Evaluating and paying for ABA



# Overview of Applied Behavior Analysis

1. Scientific methodology used to understand (and modify) behavior in their environment
  - Behavior: any action or skill
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<b>THE BEHAVIOR HAPPENS MORE OFTEN</b>	+ R <b>POSITIVE REINFORCEMENT</b>	- R <b>NEGATIVE REINFORCEMENT</b>
<b>THE BEHAVIOR HAPPENS LESS OFTEN</b>	+ P <b>POSITIVE PUNISHMENT</b>	- P <b>NEGATIVE PUNISHMENT</b>



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3. Effective for a variety of behaviors and populations

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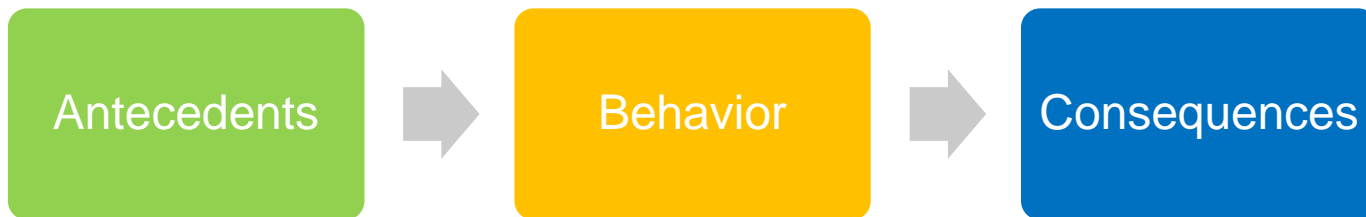


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3. Goal: increase adaptive/appropriate behaviors; decrease interfering behaviors



# ABA Components

- Specific Assessments (e.g., functional behavior assessment, language, adaptive)
- Antecedent Interventions
- Positive Reinforcement
- Behavior Reduction Strategies (e.g., extinction, punishment)
- Modeling
- Shaping and Chaining
- Naturalistic Teaching Strategies
- Prompting
- Self-management
- Generalization and Maintenance
- Social Skills Strategies



# ABA for Autism: Why so Synonymous?

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  - May exhibit behaviors/impairments that are difficult to address with traditional parenting or therapeutic strategies

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3. Parents and practitioners have advocated out the ying-yang



# ABA and Autism

1. Empirically supported treatment for core deficits in ASD
  - Well-established evidenced base for ages preschool to adults dating back to the 1970s
  - Produce improvements in communication, social relationships, play, self care, school, employment, and etc.
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2. Early and Intensive Behavior Intervention (EIBI)
  - Based on work of Lovaas in the 1980s
    - Under age 4 years
    - 20-40 hours per week for 1-3 years
    - Significant improvements in learning/IQ, communication, and adaptability
    - Majority of children in sample could be mainstreamed for some – all of classes



# How to Receive ABA?

- Center-Based Program
- Home-Based Program
- School-Based Program
- Parent Training/Clinic-Based Program
- Telehealth



# Who Can Provide ABA?

1. Board Certified Behavior Analysts (BCBA)
2. Licensed Psychologist with training in ABA (only outpatient based)
3. Red Flags
  - Providers without appropriate education
  - Providers who do not have appropriate supervision
  - Therapist who do not include parent training





# How Do Parents Pay for ABA?

1. Indiana presently has Medicaid mandated ABA for ASD
2. Some private insurance companies pay for home and center-based programs
3. Self-pay
4. ABA-based outpatient behavioral therapy can be covered by insurance if provider is state licensed (which BCBAs in Indiana are not)
5. School (very rare/extreme circumstances)

# Questions?

