

Individualized Parent Training

Parent training will consist of teaching parents how to increase or decrease behavior based on the methods of Applied Behavior Analysis (ABA). ABA is a research based method that aims to make a meaningful and positive change in socially significant behavior. ABA achieves this by observing events that precede and follow a specific behavior. This information allows the therapist and parent to create a path toward decreasing problematic behavior and increasing desired behavior. ABA most frequently uses positive reinforcement. Positive reinforcement is provided following a correct response and is used to increase the likelihood that the behavior will occur more often in the future.

Data collection is extremely important in ABA and is used to determine what increases, decreases, or maintains the child's behavior. Data will be collected during sessions by the BCBA and at home by the parent and will be utilized when creating a treatment plan as well as to determine the effectiveness of the treatment.

Consultation services will consist solely of parent training provided by a Board Certified Behavior Analyst (BCBA). No 1:1 services will be provided without the parent present. Recommendations and training will be completed during sessions and the parent will be responsible for implementing programming in the home and other settings. The parent will take data on the behavior and then continue to work with the BCBA to monitor progress and alter programming and training as needed. Specific goals will be developed with the parent and BCBA. When these goals are met, the process of terminating services will begin or further goals will be developed.

The number and duration of sessions will be determined by the BCBA along with the parent after initial interviews and informal assessment. If minimum amount of sessions are not attended due to cancellations and this affects the child's progress, termination of services will be discussed. While we always aim for the most significant changes in behavior, no specific promises will be made by the BCBA about the results of treatment or training.