

ABA Treatment Practice Guidelines

[Applied Behavioral Analysis](#) is a behavioral science medically applied to treat various behavioral conditions such as ASD and many others. Patients can expect improvement, sustenance & restoration of essential skills. To ensure the ABA procedure is used effectively and cost-efficient, the [Council for Autism Providers \(CASP\)](#) has laid a clinical guideline that guides practitioners and managers of healthcare on how to incorporate ABA into treatments to achieve the best outcomes at reduced costs. The Guideline is entirely based on the present scientific evidence available and intended to be user friendly as possible.

Training & Credentialising

Behavior Analysts are expected to undergo comprehensive training that includes an internship period where they get to practice their skills and knowledge in the presence of a more experienced Behavior Analyst. During this time, they are given guidance and constructive critiques as they master their craft. As part of the process, an ABA practitioner also has to

Pass the required coursework on top of supervised experience to gain certification by the BACB and thus be able to provide ABA services. For those unfamiliar with The BACB, it is a non-profit organization created to meet professional credentialing needs outlined by professionals in behavior analysis.

Supervision levels

There are four levels of practitioner credentialing established by the BACB for Behavior Analysts: Registered Behavior Technician, Board Certified Assistant Behavior Analyst (BCaBA), Board Certified Behavior Analyst (BCBA), & Board Certified Behavior Analyst - Doctoral (BCBA-D). According to The BACB, BCaBAs must work under a BCBA-D or BCBA, while Boards Certified Registered Behavior Technicians (RBTs) are to be supervised by a BCBA-D, BCBA, or BCaBA. In other words, all ABA practitioners must be under the monitoring of an experienced and certified professional to provide quality services. The Guideline also stipulates that the Behavior Analyst must engage in continuing education activities to ensure they provide the best practice possible and adhere to any new developments or ethical changes implemented by The BACB.

Treatment Models

While ABA treatment may vary in intensity and duration, complexity and range of goals, as well as the extent of direct treatment provided, often the treatment can be categorized as either Focused or Comprehensive ABA Treatment. If a child or adult has a specific challenge with a functional skill, such as the inability to sleep, then focused ABA is the best option. On the other hand, Comprehensive ABA services may be necessary when an individual has a more complex set of challenges and needs intensive support across multiple domains. In both instances, the Behavior Analyst must have the proper credentials and training to ensure quality treatment.

Treatment Environment

The quality-of-care Guideline also stipulates that treatments should be administered across different settings and contexts to facilitate generalization and the long-term sustainability of results. No ABA model is limited to a particular environment; it can be applied in numerous scenarios, such as residential treatment centers, clinics, & households.

[Assessment is a critical step in the ABA treatment process](#), as it allows for a comprehensive analysis of an individual's strengths and weaknesses across all relevant domains. This entire assessment process can take 20 hours or more if it's a comprehensive treatment. Focussed treatment may take fewer hours.

Treatment supervision

Treatment with ABA also factors in the amount of additional supervision necessary throughout the process. This includes overseeing assessment and continuing until the client is discharged. During this process, families and other community caregivers should be involved differently at various points of the Focused and Comprehensive ABA treatment plans. They can offer valuable historical and contextual information and receive training and consultation during treatment, discharge, and follow-up.

Transitioning & Follow up

Finally, the quality of care guideline stipulates that clear objectives and plans for transitioning out of ABA treatment must be outlined early on, engaging parents, community caregivers, and other involved professionals as the timeline for discharge approaches. This plan should specify any necessary monitoring or follow-up for the individual and their family.

Reference:

Nevada Autism Center

7730 West Sahara Avenue #115

Las Vegas, NV 89117

(702) 660-2005

<https://nevadaautism.com>