

## Autism Center Reflection

Please complete the attached form after your rotation at the autism center. This assignment must be turned in based on the syllabus due date. Please do not include any client-specific information on this form. Be sure to protect the client's personal health information (PHI).

1. What is Applied Behavioral Analysis (ABA)? Please indicate your source.

Applied behavior analysis, otherwise known as ABA, is a behavior therapy used for people who have been diagnosed with autism and or other disorders regarding development (Cleveland Clinic, 2023). The therapy focuses on working on increasing positive behaviors and reducing negative behaviors (Cleveland Clinic, 2023). During therapy, individuals can learn new skills and develop better social skills (Cleveland Clinic, 2023).

2. How does ABA apply to the clients that you saw today?

ABA applies to the clients today because they are all on the autism spectrum and need some type of individualized therapy.

3. Give one example of ABA that you saw applied today at your clinical site.

An ABA example that I saw today was a child who had an issue of constantly eloping from a room and the behavior therapy was stopping her from doing it. If she tried to elope she was chased down and brought back into the room and made to stand in the doorway until it was time to leave that particular room.

4. Give one example of how you can use ABA in practice.

Nurses can use ABA to help modify patient behaviors to help them stay on medication schedules.

5. Discuss positive reflections from the day.

The day in general was a positive experience. I had no idea that we had a facility like this near us. Having a place like this specifically for autism will help many children get ready to go into a social environment, like school. The children get one-on-one treatment, which is awesome. This is a great facility with great therapists!

6. Discuss negative reflections from the day.

I can't think of any negative reflections for the day. All in all, everything that I saw was positive. I love what this place is doing to help these kids!

## **References**

Cleveland Clinic medical. (2023). *Applied Behavior Analysis (ABA)*. Cleveland Clinic.  
<https://my.clevelandclinic.org/health/treatments/25197-applied-behavior-analysis>