

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 Behavioral Analysis is a type of one-on-one therapy that focuses on children on the spectrum to develop social and emotional skills (WebMD, 2023). The development of social and emotional skills is applied by using interventions that are based on the principles of learning theory (WebMD, 2023).

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

ABA seemed to be the foundation of what Lighthouse Autism Center practiced. Every child I worked with had a list of tasks and goals that centered around completing tasks, communicating, or learning new skills. The list also implemented behaviors like self-control and self-regulation for the children to practice. Positive reinforcement is also practiced in this facility.

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

Examples of ABA could be seen all throughout Lighthouse Autism Center. Some examples that stuck out to me were taking away items that the child liked, for example paper and pencils for coloring, for a certain a minute and then seeing what type of reaction they would have. This was an example of implementing self-control and self-regulation (WebMD, 2023). Having the child put away their toys or clean up anything they spilled was also something they frequently practiced. An example of positive reinforcement I saw was allowing a child to go on the swing for five minutes every time he spent five minutes in a different room or was able to complete a task.

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

My main take away from ABA is that it requires a lot of patience to implement it and to see results from it. When I'm in practice I will try to set my goals and tasks for the day and try to implement them without losing patience on the patient or anyone else.

5. Discuss positive reflections from the day.

I definitely feel like I learned a lot from this experience and that it broadened my view when it comes to mental health and healthcare. So far, a lot of my clinical experience has been working with older adults with chronic health issues, but this showed me that healthcare can also be for children or for people with different mental/personality disorders. This experience reminded me that I need to be ready for any type of patient that I may encounter as a nurse. I do sense a lot of care between the caretakers and the children and that there are good relationships built in the institution.

6. Discuss negative reflections from the day.

Every person that I worked with mentioned the fact that there is a high turnover rate at the facility or that a lot of people applied for the job, completed training, got certification, but ultimately did not end up working for Lighthouse after that. Employees here seem to have a lot of patience and care for the children, but the job as a whole seems very overstimulating, tiring, with not a lot of flexibility. The employees only have seven-minute breaks, and I can't imagine that being enough time for them. The facility seems like a great place for the children, and they seem to have very good care, so no negative reflection for the institution itself and the practice. However, it seems like it would be a job that burns out the employees out quickly.

Reference:

WebMD Editorial Contributors. (2023). *What is applied behavior analysis?* WebMD.
<https://www.webmd.com/mental-health/what-is-applied-behavior-analysis>.