

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 (ABA) is a type of therapy that helps people understand how behavior works and is affected by the environment and how individuals learn (Autism Speaks, 2024). ABA therapy programs are used to help improve a person's language/communication, attention, social, memory, and academic skills (Autism Speaks, 2024). These programs also help decrease any harmful or problematic behaviors the person may be having (Autism Speaks, 2024). When the person performs a skill successfully, they are rewarded with something that the person likes. This is called positive reinforcement and is one of the main strategies in ABA therapy (Autism Speaks, 2024). ABA therapy is very flexible and is adapted to each person's individual needs (Autism Speaks, 2024).

Reference

Autism Speaks. (2024). *Applied behavior analysis (ABA)*. Autism Speaks Inc.

<https://www.autismspeaks.org/applied-behavior-analysis>

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

The clients I saw today were on the autism spectrum, and each had their own individual needs and care/therapy plan that they followed. Some focused more on academics, while others focused more on attention skills.

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

The clients would be brought into different rooms and would be asked to complete some programs in order to continue playing with whatever they were playing with. For example, if a client is playing with letters, the registered behavior technician (RBT) would say, "It's my turn in 5,4,3,2,1," and the client would need to give her the letters. The client would then complete a program such as counting the number of stars or pointing to the correct letter, and if they completed it, the client would get to play with the letters again.

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

I could use ABA to help care for clients who have autism or other developmental disorders. This can improve my clients' health by teaching them skills they may need to care for themselves.

5. Discuss positive reflections from the day.

I really enjoyed this clinical experience. It was completely different from all of the other mental health clinicals that we have had so far. I enjoyed talking to the clients and learning about each individual client from the RBTs. I also liked how each client had their own individual RBT the entire time they were there.

6. Discuss negative reflections from the day.

I don't have any negative reflections from the day. The only thing I would say was that it was a little overwhelming because of the clients' crying or screaming. Also, it made me a little sad to see the clients hit or bite their RBTs just because I know that they can't control themselves and they don't mean to do it.