

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.

ABA is a therapy based around the idea that environment influences behaviors, and it uses positive reinforcement to produce positive behaviors. It also focuses on what leads to bad behaviors and what takes place after the behavior (Bhandari, 2023).

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

The clients at the autism center respond much better to positive reinforcement for behaviors rather than consequences. ABA teaches them appropriate social behaviors, how to learn new words/tasks, helps with their emotions, and it reduces less desirable behaviors by focusing on the good.

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

The kids all have their preferred objects. Every time the kids completed a part of their therapy, they got rewarded with their preferred object or an activity they wanted to do, like the swing or spin seat.

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

I plan on working in pediatric oncology. Those kiddos take a lot of medicine. One of the ways I can utilize this therapy is when they take their medicine, they can get a treat, activity, gift, etc. This really makes life easier if you establish early on medicine is non-negotiable.

5. Discuss positive reflections from the day.

I thought this place was awesome! Every single patient has their own very specific therapy, and all of the staff was wonderful. They also use the same language throughout the facility, providing consistency and seamless transitions from one therapist to the next. The kids knew what to expect because of this. I loved that they use a reward system, and they set the kids up to be successful to help them complete their therapy, build confidence, and make good choices.

6. Discuss negative reflections from the day.

I really didn't have anything bad to say about the day. This facility is ran very well and my biggest complaint is that I was really tired when I went home.

Bhandari, S. (2023, July 19). *Applied behavior analysis: What is it and how does it work?* WebMD. <https://www.webmd.com/mental-health/what-is-applied-behavior-analysis>