

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 (ABA) is a therapy that is used on children to help increase the good behaviors and decrease bad ones. They do this by trying to understand how the behavior works, how it is affected by the environment that the child is in, and the location of where the learning takes place (Autism Speaks).

2. How does ABA apply to the clients that you saw today?
 - ABA applied to my patient because they wanted to understand what causes the inappropriate behavior and what to do about it. His main aid was really good about redirecting him when he met a personal stumbling block. They would also reward him for his good behaviors, such as when he used the restroom.

3. Give one example of ABA that you saw applied today at your clinical site.
 - My kid was so good! I absolutely adored him. The only "issue" that was present was when it was time to use the restroom, he started crying. For some reason, he does not like to use the restroom. The kid I babysit, who is also autistic, struggles with this too. While he couldn't not use the restroom, she gave him candy for going to the bathroom and tried to make it a quick and easy process. He calmed down pretty quickly upon entering the bathroom.

4. Give one example of how you can use ABA in practice.
 - For me, I unknowingly have been doing this with the kid I babysit for. I try to understand his negative behaviors, which often stem from not getting his way. Regardless of how he reacts, whether that is hitting me or hurting himself, I realize that I am not going to give in to the negative behaviors, which I think he is starting to understand after two years. The consequence portion will be heavily used in my nursing practice. For any patient, if they are nice and good, they get more freedom. If someone is not nice or are trying to hit a nurse, then they get restraints. The consequence must always follow the behavior.

5. Discuss positive reflections from the day.
 - You could tell each kid's personal aid was so helpful and knew what they were doing. In the case of my kid, he uses an iPad to speak as he is nonverbal. Unfortunately, though, they are unsure if his parents use it at home. Regardless, everyone works so hard to fit the personal needs of each child. I loved that!

6. Discuss negative reflections from the day.
 - My only negative reflection is that I did wish that they had an actual speech language pathologist there. They had a "speech room," but it was mostly here kids could practice letters, and that was it. I wish there could have been someone who worked on kids speech, especially for those that were verbal or tailor material to those who weren't verbal.

References

Autism Speaks. *Applied Behavior Analysis*. Autism Speaks. <https://www.autismspeaks.org/>.