

INDIVIDUALIZED THERAPY

# *ABA SERVICES*



# *DAYTIME CLINIC*

# *ABA THERAPY IN CENTRAL NEW JERSEY*

# ***APPLIED BEHAVIOR ANALYSIS(ABA)***

Applied Behavior Analysis (ABA) is the application of behavioral principles to everyday situations that will, over time, increase or decrease target behaviors. By breaking skills down into small steps, individuals have more opportunities to be successful. Sessions are conducted in locations best-suited for your family (at home, in school, at a job placement, etc.), and all services are individualized. We help clients conquer everything from teeth brushing to taking inventory in a store.

# ***WHAT'S THE BEST THERAPY FOR AUTISM?***

ABA, also known as Applied Behavior Analysis, is the only scientifically validated treatment for individuals on the autism spectrum. Anyone can use applied behavior analysis to increase socially significant behaviors or decrease the future frequency of an unwanted behavior.

“The goal of ABA is two-fold: to increase useful behaviors that improve quality of life and decrease those that are harmful or interfere with learning or relationships. It is a structured teaching approach that can be implemented in many settings to teach skills from many domains (communication, self care, academic, play/leisure, social skills, etc.). It involves understanding patterns of behavior and examining the influence of environmental factors including what happens before and after the behavior” (autismnj.org).



# ***WHERE DOES THERAPY OCCUR? WHAT SKILLS ARE TAUGHT?***

MOST OFTEN ABA THERAPY IS CONDUCTED IN THE HOME, SCHOOL, AND COMMUNITY SETTING. WE WORK ON A VARIETY OF SKILLS INCLUDING: ACADEMIC, LEISURE/PLAY SKILLS, SELF CARE, COMMUNICATION, JOB SKILLS, SOCIAL SKILLS, FEEDING, IMITATION, DESENSITIZATION, TOLERANCE TRAINING, TOILETING, SLEEPING, SELF MANAGEMENT, AND TO DECREASING CHALLENGING BEHAVIORS. ALL GOALS FOR YOUR CHILD ARE BASED ON ASSESSMENTS CONDUCTED BY A BOARD CERTIFIED BEHAVIOR ANALYST (BCBA) AND THEN INDIVIDUALIZED PROGRAMS ARE WRITTEN BASED ON SCIENTIFIC RESEARCH. WE THEN TRACK YOUR CHILD'S PROGRESS BY TAKING DATA. IT MAY SOUND SCARY, HOWEVER THIS IS HOW WE CAN MAKE PROGRAMMING DECISIONS AND TO ENSURE YOUR CHILD IS MAKING PROGRESS.





# ***WHAT AGES DO YOU SERVICE?***

We provide ABA therapy for children as well as adults. We work with your child from diagnosis, which could be as young as 12 months, through adulthood. When children are younger more intensive therapy is needed. Research shows that children who receive early and intensive behavioral intervention prior to age 5 make the most gains. Research shows that ABA can change the pattern of the brain. However, ABA therapy is also very effective for individuals over the age of 5. Once therapy is started, consistency is key. This is similar to other therapies people may need. For example, physical therapy after an accident won't work if it occurs only one time, or for a short duration.



## WHO'S INVOLVED IN ABA THERAPY?

We work together as a team here at Graham to help your child meet their goals. There is a Board Certified Behavior Analyst (BCBA) who writes the programs for your child and trains the therapist on the team to implement those programs. The BCBA also collaborates with other professionals your child works with, such as occupational therapists, speech language pathologists, physical therapists, teachers, child study teams, etc. The therapists and BCBA will work closely with your child.

# *SOCIAL MEDIA LINKS*



**TWITTER**



**FACEBOOK**



**INSTAGRAM**

## **MAILING ADDRESS**

60 NJ-36 West Long Branch, New Jersey 07764

## **PHONE NUMBER**

848-888-3204

## **EMAIL ADDRESS**

cara@grahambehavior.com

## **WEBSITE**

[www.grahambehaviorservices.com](http://www.grahambehaviorservices.com)

***CONTACT INFO***