

# WHAT IS APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY?

Applied Behavior Analysis (ABA) Therapy is a method of observing behavior, teaching new skills and decreasing any problem behavior (tantrums, hitting, screaming, etc.) with people with Autism Spectrum Disorder. Hundreds of studies have revealed ABA Therapy to improve communication, social relationships, play skills and self-care for children with autism. The therapy also helps children do well in school.

As parents, if we expect our children to express themselves just as we would, we are setting them up to fail if they do otherwise. This leads to a frustrating situation between parent and child and can discourage learning and increase problem behavior. With ABA Therapy, therapists teach the necessary coping skills and language skills as well as provide education for the family.



# WHAT DOES ABA THERAPY DO?

ABA therapy is effective in teaching basic life and social skills. People learn helpful self-advocacy, pro-social and toleration skills that lead to a high quality of life. ABA therapy is also effective in developing skills like reading and understanding other people's perspectives. Many parents of children in ABA Therapy report a significant reduction in daily stress thanks to further education on autism spectrum disorder and support in communicating with their child.



*We help families create their future by guiding children to learn, grow and become members of their communities.*



## ABA THERAPY CAN HELP IMPROVE:

- ✓ Communication
- ✓ Self-care
- ✓ Social skills
- ✓ Pursuing new interests
- ✓ Attention, focus and memory
- ✓ Cognitive skills
- ✓ Academic behavior
- ✓ Openness toward learning
- ✓ Skills to replace problem behaviors



# IS ABA THERAPY RIGHT FOR OUR FAMILY?

ABA Therapy is effective if your child is having difficulty learning, acquiring critical skills, having trouble communicating or exhibiting problem behavior that gets in the way of functioning.

Research comparing ABA with other therapy and education programs shows that children who receive ABA treatment make greater improvements in more skill areas than children who participate in other programs.

FOR MORE DETAILED PROGRAM INFORMATION, PLEASE CONTACT US:

# 844-973-4ABA

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

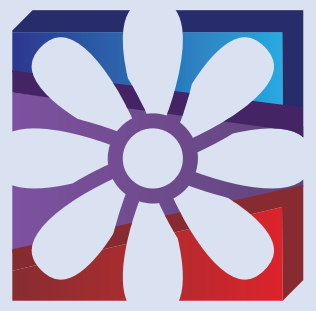


## ABOUT US OUR COMPANY

Our board certified specialists can bring their expertise to the environment where the client is most comfortable—home. ABA therapy uses proven learning techniques to improve behaviors and skills of children and adults with Autism Spectrum Disorder and decrease the need for special services.

## OUR SERVICE WORKS TOWARD THE FOLLOWING GOALS

- ✓ Learning crucial life skills
- ✓ Reducing problem behaviors
- ✓ Building up inherent strengths
- ✓ Developing social and communication skills



## ABA CENTERS — OF AMERICA —

155 Main Dunstable Road, Suite 200  
Nashua, NH 03060

## OUR SERVICES:

- ✓ In-home Services
- ✓ Clinic Services
- ✓ Caregiver Training
- ✓ Community Life Skills

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## EXPERT AUTISM CARE APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY

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