



APPLIED BEHAVIOURAL ANALYSIS

As autistic allies, we align with the autistic community with our view around ABA - we do not endorse, encourage or use any compliance training. Our team acknowledges and respects neurodiversity and the autistic community's consensus and lived experience that ABA training is considered abuse and is traumatic

Background

ABA is a way of altering one's behaviour using positive and negative external reinforcement - punishment would help minimise the behaviour and reward would encourage it.

Consequences

- Trained compliance
- Prompt dependent/adult reliant individuals
- Low self-esteem & self motivation
- Often leads to PTSD
- More vulnerable to being groomed, manipulated and abused.

Some parents/therapists might rave about the positive benefits they have seen from ABA therapy. Is this however because the child has learnt to mask their behaviours/intentions? Are these "positive benefits" outcomes that makes the lives of other people around the child easier and/or focuses on making the child appear "normal" (e.g. engaging in eye contact or reducing self-regulatory stimming behaviours) at the expense of the child (e.g. some autistics have reported that eye contact is physically painful for them, others report that engaging in eye contact makes it harder for them to think)