

## **Applied Behavioural Analysis Techniques**

These techniques focus on the child's interests and motivation to learn new, more adaptive behaviours. They are based on the principles of reward and reinforcement for appropriate behaviours.

Applied behavioural analysis (ABA) is one of the oldest strategies used with children who have autism. The goal of ABA is to teach new, more adaptive behaviours through a system of rewards and consequences. There are several programs that utilize the principles of ABA, such as the *Lovaas Method*. This method uses the concept of discrete trial training (DTT), in which a child is given reinforcement (a reward, something the child desires) after they comply with a request or complete a behaviour they are being asked to learn. Another method, pivotal response training (PRT), uses techniques that are built around the child's interests and motivation along with principles of ABA to improve symptoms of autism. Yet another program which is based on principles of ABA is the Learning Experiences & Alternative Program for Preschoolers and Their Parents (LEAP). LEAP is designed for very young children with autism and attempts to integrate them with typically developing peers.