



Pros and Cons of ABA Treatment

Applied Behavior Analysis (ABA) therapy is a popular treatment used to help individuals with autism. However, opinions about ABA can vary, making it challenging to decide if it's the right choice for your family. Here are some pros and cons to consider:

Pros

- Applied Behavior Analysis (ABA) therapy is a well-researched and evidence-based treatment. It is sometimes referred to as the “gold standard” treatment for autism because of its effectiveness.
- One of the key goals of ABA is to increase a person’s quality of life. Behavior analysts do this by working with the client to set personalized goals that help the client to access activities and things that are important to them.
- ABA looks at why certain behaviors happen and helps find better ways for people to meet their wants and needs. It uses a person’s interests and preferences to make learning more effective.
- ABA is flexible. It can be done at home, in a clinic, or out in the community, so that the individual can learn skills that they’ll use in their everyday life. Family involvement is also encouraged to support skill development in all areas of life.
- Many insurance companies cover ABA therapy, making it more accessible for people.

Cons

- Even though many insurance plans cover ABA therapy, families might still have to pay part of the cost. These expenses can add up over time.
- In the past, some ABA practices were not as ethical as they are today, which can give the term “ABA” a negative connotation. It is important to confirm that your provider understands your family’s values and your child’s preferences. Treatment should be collaborative, not coercive.
- ABA skills often need to be practiced repeatedly, and seeing progress can take time. Therapy goals usually involve teaching skills in different settings, which can also extend the treatment period.
- ABA requires highly trained professionals, and training can take time. Families might face delays in starting therapy, and finding qualified providers can be difficult depending on where they live. Individualized treatment in ABA often requires many hours to see significant results.

If you decide that Applied Behavior Analysis is the right treatment option for your family, Lucet can help you select the best provider for you.

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◆ Let’s connect you to mental health care, today.

Lucet’s team of behavioral health professionals are here to help you navigate your mental health journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.

For more resources:

lucethealth.com/autismchampions | lucethealth.com/autism-resource-center

