

EMPOWERING PARENTS

A JOURNEY THROUGH POSITIVE PARENTING WITH ABA



ABA Workshop FAQs

1. What is ABA?

Applied Behavior Analysis (ABA) is a scientifically validated approach focused on understanding and improving behaviors that are meaningful and important in everyday life. While ABA is widely recognized for its effectiveness in supporting individuals with autism, its principles are equally powerful for addressing a broad range of behavioral challenges in children with or without autism. ABA techniques can be tailored to each child's unique needs, helping to foster positive behavior changes and enhance their overall well-being, making it a versatile tool for any child experiencing behavioral complexities.

2. What is a BCBA?

A Board Certified Behavior Analyst (BCBA) is an expert in using Applied Behavior Analysis (ABA) to assess behavior, create tailored intervention plans, and implement strategies for positive change. To earn certification, BCBAs must hold a master's degree in a specialized field, complete rigorous training and supervised experience, and pass an internationally recognized exam. They create tailored intervention plans to promote positive behavior change.

3. Who Should Attend?

This workshop is ideal for caregivers of children facing behavioral challenges, whether or not the child has a diagnosis of autism, ADHD, emotional disturbances, or other behavioral complexities.

Contact Us

www.ihpmedicalgroup.com/abaworkshop

Email: BehavioralHealth@ihpmedicalgroup.com

4. What to Expect?

This in-person workshop spans three days and will be held at Blue Ocean Behavioral Health Clinic, located in the Pacific Place Building, Tumon. The sessions on Days 1 and 2 will last approximately 3.5 to 4 hours each, while Day 3 will be about 2.5 hours. Throughout the workshop, participants will engage in various exercises both during the sessions and at home, all aimed at developing a personalized Behavior Action Plan by the conclusion of the third day.

5. Behavior Action Plan (BAP)

A Behavior Action Plan (BAP) is a structured, individualized plan designed to address a specific behavior of concern in a child. This plan outlines clear, actionable steps that parents and caregivers can take to manage and modify the targeted behavior. Each BAP is tailored to the child's unique needs, focusing on strategies to decrease challenging behaviors while promoting positive alternatives. By consistently implementing the plan, parents can help their child develop more adaptive behaviors and improve overall functioning in daily life.

6. One-on-One Consultation

After completing the workshop, you will be entitled to a personalized, one-on-one consultation with a Board Certified Behavior Analyst (BCBA). This consultation is designed to address your specific needs, whether it's refining your child's Behavior Action Plan (BAP), creating a new plan for a different behavior, providing guidance on an Individualized Education Program (IEP), or discussing any other concerns. Typically, BCBA consultations range from \$100 to \$300 per hour. However, this invaluable service is included in the workshop package at no additional cost, making the workshop fee an exceptional value.

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