

EMPOWERING PARENTS

A JOURNEY THROUGH POSITIVE PARENTING WITH ABA



Workshop Synopsis

In this comprehensive workshop, participants will embark on a transformative journey through the principles and practices of Applied Behavior Analysis (ABA). Across five engaging modules, attendees will develop a practical understanding of behavior analysis, unravel the complexities of their child's behaviors, and equip themselves with practical tools for effective behavior management and nurturing positive relationships. Through interactive discussions, engaging case studies, and hands-on practical exercises, this workshop will empower parents to skillfully implement behavior changes, cultivate more positive connections with their children, and confidently navigate the intricate landscape of parenting with resilience and assurance.

Module 1 – An Introduction to Positive Parenting Through Applied Behavior Analysis: Understanding and Applying Change Techniques

Estimated Duration: 2 hours

Participants will delve into the foundations of ABA, exploring its historical origins and diverse applications in addressing the various behavioral challenges exhibited by children with Autism Spectrum Disorder (ASD) and related developmental delays, Attention Deficit Hyperactivity Disorder (ADHD), emotional disturbances, and other behavioral complexities. By critically evaluating misconceptions and understanding the efficacy of ABA, parents will gain the confidence to actively facilitate behavior change processes.

Module 2 – Understanding Your Child's Behavior: Recognizing Triggers and Patterns

Estimated Duration: 2 hours

Participants will begin learning how to harness the efficacy of ABA principles to dissect behavioral patterns, identify triggers, and unravel the underlying functions of behavior. By immersing themselves in the ABA framework, parents will develop the expertise to decipher antecedents, behaviors, and consequences, thereby gaining the ability to craft highly impactful intervention strategies tailored to their child's unique needs and circumstances.

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Module 3 – Proactive Intervention: ABA Strategies for Behavior Change

Estimated Duration: 2.5 hours

Participants will immerse themselves in proactive strategies designed to modify antecedents and implement ethical consequence interventions. By cultivating objectivity and self-empathy, participants will develop the skills necessary to strategically intervene in their child's behavior. This approach aims to foster enduring and sustainable behavior change, ensuring that parents can effectively support their children in navigating challenges and achieving positive outcomes.

Module 4 – Parenting Toolbox: Practical Tools for Managing Behavior

Estimated Duration: 2.5 hours

Building upon the groundwork laid in previous modules, participants will deepen their grasp of behavior management strategies, honing their ability to effectively address challenging behaviors. Through the implementation of reinforcement strategies and shaping techniques, attendees will learn to guide behavior towards desired outcomes, identify and capitalize on opportunities for reinforcement, and gradually shape behavior towards more desirable patterns. This nuanced approach equips parents with the tools necessary to navigate the complexities of the behavior change process with precision and effectiveness.

Module 5 – Empowered Parenting: Integrating ABA Principles for Behavior Management

Estimated Duration: 2 hours

In the final session, participants will integrate insights gained from earlier modules, critically examining their child's behavior through the lens of ABA. This comprehensive understanding will enable them to embed ABA techniques into their day-to-day interactions and routines, fostering positive behaviors and nurturing stronger bonds with their children. Additionally, attendees will discover the importance of resilience in the face of parenting challenges. By learning to seek support from therapy teams and personal networks, parents can access valuable resources, gain fresh perspectives, and enhance their ability to navigate the complexities of behavior management with confidence and grace.

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