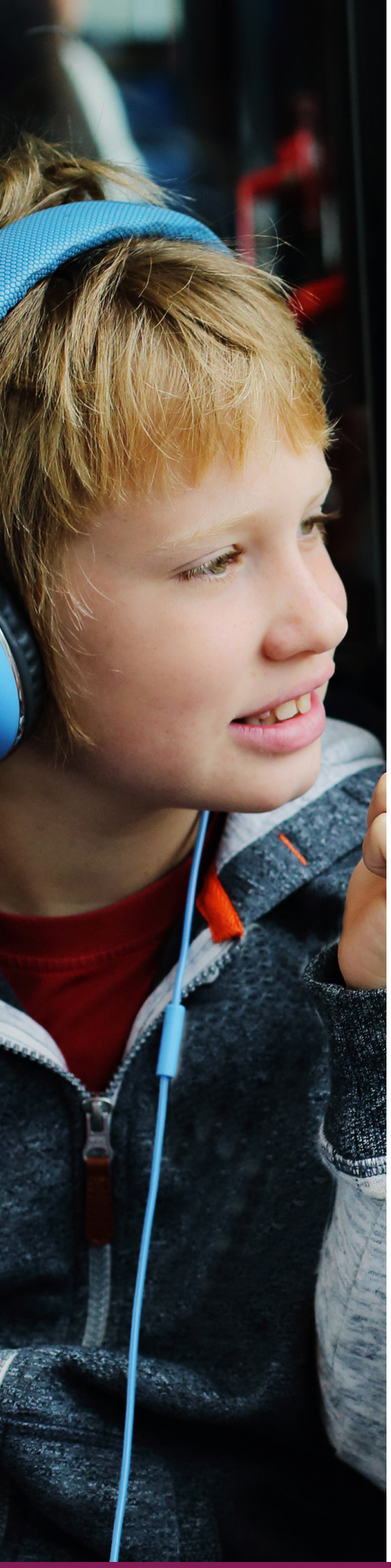


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Autism Resource Center | *Tip sheet*

Weighing Alternatives to Applied Behavior Analysis (ABA) for Autism

When choosing therapy for your child on the autism apectrum, you might wonder about other options besides Applied Behavior Analysis (ABA). While ABA is a popular choice, there are other therapies that can also be helpful, such as:

> **Occupational Therapy (OT):** Occupational therapy helps people with skills like motor abilities, sensory problems and emotional regulation. This therapy is useful for helping people handle things like high sensitivity to certain textures or sounds. It can also teach skills like organizing or dealing with frustration. Occupational therapy can be adjusted to meet each person's unique needs.
>
> **Speech and Language Therapy:** Speech and language therapy helps with speech problems, such as speaking clearly, and language skills, such as understanding and using words. It also helps with feeding issues, like swallowing difficulties. If needed, it can teach alternative ways to communicate, like using pictures or special devices.
>
> **Cognitive Behavioral Therapy (CBT):** CBT focuses on the connection between thoughts, feelings and behaviors. It helps people learn how to deal with negative emotions and manage anxiety or depression. CBT is helpful for people with autism who also have other conditions, like anxiety, that need attention.
>
> **Acceptance and Commitment Therapy (ACT):** ACT is a newer type of therapy that is similar to CBT. It focuses on being mindful and accepting your thoughts and feelings without judging them. This therapy helps people live in the present moment and cope with emotions in healthy ways.

These therapies can be used on their own or along with ABA, depending on your child's needs.

Choosing the Right Therapy

Choosing the right therapy for your child or loved one can be hard, but there are ways to make the decision easier. First, remember that each person's needs are different, so think about what will work best for your family. You can talk to experts, such as doctors or therapists, to get their advice. It's also helpful to visit potential therapy providers or ask for a tour to see if their approach feels right for your family.

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Make sure to do your research on any therapy you are considering. Look for information from reliable sources, like the Autism Science Foundation, rather than social media. It's important to check the qualifications of the therapist and make sure they follow ethical practices. Also, think about whether the therapy matches your values and beliefs, and whether it's easy to access and affordable.

Choosing the right therapy is an important decision, and taking the time to research your options and talk with experts can help you make the best choice for your child and family.

Reviewed by Senior Director – Clinical Strategy, Research & Autism, LCSW, BCBA, CCM

✦ 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

Scan to learn more at
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