Parents' Guide to ABA Therapy

We keep seeing ABA clinics advertising their free 'Parents' Guides to ABA Therapy,' replete with photos of happy, smiling, compliant children. We thought we would make our own version.

Dr. Ivan Lovaa is known as the 'Father of ABA'. Here's what he had to say about Autistic Children (It's horrific):

"You see, you start pretty much from scratch when you work with an autistic child. You have a person in the physical sense—they have hair, a nose and a mouth—but they are not people in the psychological sense. And try to look at the job of transforming autistic kids is to see it as a matter of constructing a person. You have the raw materials, but you have to build the person."

The fundamental goal of ABA is compliance to the will of the person in the position of authority; this is completely counter-intuitive to self-advocacy, self-determination, and upholding human rights and dignity.

"ABA's objection is fundamentally an ethical one. The stated end goal of ABA is an autistic child who is "indistinguishable from their peers"—an autistic child who can pass as neurotypical. We don't think that's an acceptable goal. The end goal of all services, supports, interventions, and therapies an autistic child receives should be to support them in growing up into an autistic adult who is happy, healthy, and living a self-determined life." - Julia Bascom

ABA Ethics include Guidelines for Punishment

4.08 Considerations Regarding Punishment Procedures:

* If punishment procedures are necessary, behavior analysts always include reinforcement procedures for alternative behavior in the behavior-change program. Before implementing punishment-based procedures, behavior analysts must ensure that appropriate steps have been taken to implement reinforcement-based procedures unless the severity or dangerousness of the behavior necessitates immediate use of aversive procedures.


ABA Therapists have no formal training or education in Speech-Language Pathology, Occupational Therapy, or Physical Therapy. Yet they provide skilled speech, occupational and physical therapy services in areas for which they have no qualifications, unless they are dually certified. Examples include feeding/swallowing therapy, apraxia, stuttering, language development, AAC, handwriting, articulation and phonological processing, reading, medical rehabilitation, traumatic brain injury, pragmatics, Alzheimer's and dementia. Using a system of rewards and punishment, ABA therapists manipulate human behavior and force compliance through the earning or withholding of access to foods, personal belongings and favorite objects, activities and interests, while violating body autonomy and self-determination.

In June 2020, the U.S. Department of Defense formally stated that ABA is not effective

"... these findings demonstrate that the delivery of ABA services, is not working for most TRICARE beneficiaries in the ACD. **... the Department remains very concerned about these results, and whether the current design of this demonstration, as well as ABA services specifically, is providing the most appropriate and/or effective services to our beneficiaries diagnosed with ASD. *https://therapistndde.org/aba-is-not-effective-so-says-the-latest-report-from-the-department-of-defense/