

# What is Applied Behavior Analysis (ABA)?

Behavior Analysis is the study of behavior using scientific methodology. Applied Behavior Analysis treatment, or ABA which it is commonly called, is used to:

- Increase desirable behaviors
- Decrease unwanted behaviors
- Teach new behaviors

Applied Behavior Analysis treatment is taking the principles learned through research and using them to change behavior to a socially significant extent.

Experts including the U.S. Surgeon General's Report on Mental Health (1999) and the National Autism Center Standards Project Report (2009) have cited repeatedly that ABA has the greatest research support over any other type of treatment for treating children with autism.

The treatment professional in Applied Behavior Analysis is a behavior analyst certified by the Behavior Analysis Certification Board (see [www.bacb.com](http://www.bacb.com)). Behavior Analysts are certified as Master's level Board Certified Behavior Analysts (BCBA) or Doctorate level Board Certified Behavior Analysts (BCBA-D). There is also certification at the Bachelor's level for a Board Certified Assistant Behavior Analyst (BCaBA). A BCaBA must practice under the supervision of a BCBA.

