

**Positively Autism Online Training Course**  
**“Do It Yourself” ABA**  
**Class Outline**

<http://www.positivelyautism.com/training/>

**Week 1:**

*Introduction to the Class*  
*About Behavior Interventions*

This week, we'll cover the basics of the class, how it works, how to access the class content, and the class structure. We will begin the content of the class by providing an introduction to Applied Behavior Analysis (sometimes called behavior intervention).

**Week 2-3:**

*Goal Setting and Data Collection*

One of the hallmarks of ABA is data collection. During weeks two and three, we'll focus on how to choose goals for your child's ABA program and how to track progress on those goals with objective observation and data collection.

**Week 4:**

*Reinforcement*

A reinforcer is an event or item provided after a certain behavior that increases the likelihood of that behavior occurring again in the future. This week, we'll learn about rewarding your child's efforts and positive behaviors with reinforcement to encourage them to continue using their new skills.

**Week 5-6:**

*Intro to Discrete Trial Teaching*

Discrete trial teaching breaks learning down into small components and reinforces each small step. During weeks five and six, you'll learn the basics of discrete trial teaching (DTT) and how to use this strategy with your child.

**Week 7-8:**

*Mand Training, Verbal Behavior, and Naturalistic ABA*

During weeks seven and eight, we'll discuss mand training, verbal behavior, and naturalistic ABA with a focus on teaching your child language and communication skills that are inherently relevant and meaningful for the child. Teaching language and communication skills that a child will use on a regular basis is important for maintenance and generalization of new skills learned.

**Weeks 9-10:**

*Play and Social Skills*

During these two weeks, we'll cover teaching basic social and play skills in an ABA program, including independent play and play with peers/siblings.

**Week 11:**

*Disruptive and Self-Stimulatory Behaviors*

While this topic is more than can be covered in one week (and in fact, Positively Autism offers an entire 12-week course on reducing problem behaviors), we will provide information on how to address disruptive and self-stimulatory behaviors during your ABA program.

**Week 12:**

*Sleep Problems, Toilet Training, and Eating Problems*

Again, this topic is too broad to cover everything in one week, but we'll focus on discussing these issues with the group, sharing ideas, and providing helpful resources on these issues.

**Week 13:**

*Putting it All Together*

This week, we'll provide a summary of the class, provide resources and suggestions for how to continue your ABA program after the course ends, and turn in the final project for the class.