

What is ABA Therapy?

Applied Behaviour Analysis (ABA)

ABA is a field of psychology devoted to improving socially significant behaviour. Thousands of research studies over the last several decades have shown the effectiveness of ABA in reducing problem behaviours such as self-injury, aggression, and tantrums, but also for increasing skills such as communication, play, daily living skills, motor skills, etc.

What's the key idea?

The key idea behind ABA is that most human behaviour is learned through our interaction with our environment. What happens before and after any behaviour influences the likelihood of it being repeated. For example, if behaviour is rewarded, it's more likely to happen again. If it is not rewarded, or is ignored or punished, it is less likely to happen again. ABA uses this idea to teach and encourage new and appropriate behaviour. It focuses specifically on skill development using positive strategies and avoids using aversive strategies or "punishment".

How many hours do we need?

We recommend weekly sessions of at least 1-2 hours and offer more intensive programs with multiple sessions per week as needed. Consistency is key!

ABA Therapy at Caterpillar Clinic



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What's involved?

ABA is a flexible, child-centred approach to therapy which can look very different from one child to the next. Our ABA programs are designed and supervised by experienced Psychologists and directly implemented by our team of dedicated ABA therapists. Sessions may take place at home or at the child's school or day care.

The components of an ABA program include:

- Initial assessment
- Goal setting & program development
- Ongoing measurement of progress
- Regular program review
- Optional parent sessions to learn ways to support your child's development and manage behaviour

What are the costs?

As of 1 March 2023
Costs shown for NDIS participants.

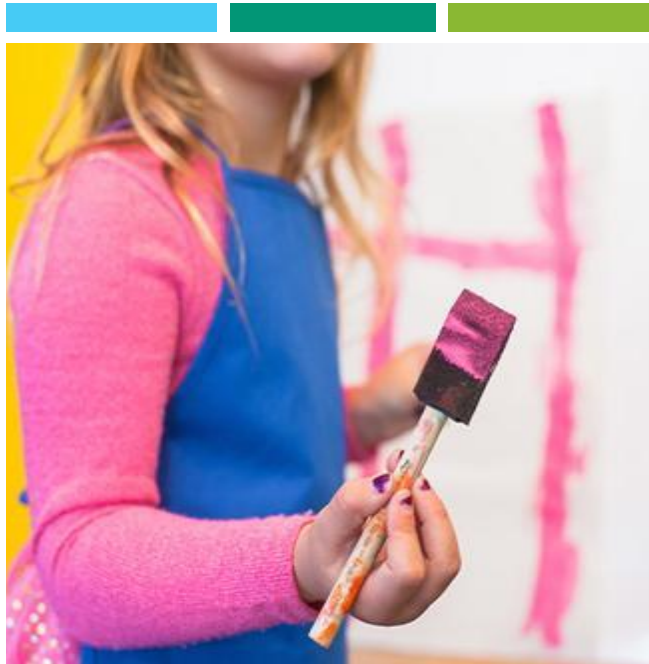
Face-to-Face Services

Psychologist: \$210/hr

- Initial consultation
- Observations/assessment
- Program supervision
- Optional parent sessions

ABA Therapist: \$85/hr

Weekend/After-hours therapist rate: \$85/hr



Behind the Scenes

ABA Program Setup: \$500

ABA Program Maintenance Fee

- Covers non-contact services including program updates and administrative support. Flat fee.
- **Tier 1** (<5 hrs/month): \$600/sem.
- **Tier 2** (6-15 hrs/month): \$1200/sem.
- **Tier 3** (>15 hrs/month): \$1800/sem.

Psychologist Travel: \$210/hr. Applies to all locations offsite from clinic.

Therapist Travel: Flat fee per session

- **Zone A** (<5km): \$25
- **Zone B** (5-10km): \$45
- **Zone C** (10-20km): \$62.50
- **Zone D** (20-30km): \$75
- Beyond 30km: Custom fee applied

NDIS Report: \$420 (annual) or \$630 (2 year)