

What to Look for in an IBI (or ABA) Therapist

If you have a child on the autism spectrum, you may have heard of ABA (applied behavior analysis therapy). It's a type of therapy focused on understanding and then improving specific behaviors through systematic intervention. It can benefit a variety of different needs related to anxiety, autism spectrum disorder (ASD), obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), and other development or behavioral challenges.

"It's particularly effective in teaching new skills," said Lea Ichimura, IBI Program Manager at Franklin Therapy. "It can improve communication skills, social interactions, and adaptive living skills."

You can read more about it [here](#).



If IBI Sounds Useful: First Steps

If you think IBI or ABA might be useful for your child, what do you do first?

- 1. Consult with Professionals:** While you know your child or family member best, you need to find a partner with healthcare expertise. Talk to your pediatrician to find a recommendation for behavioral therapy. (And if the pediatrician doesn't see a cause for concern, but you do, talk to another professional.)
- 2. Research Providers:** When looking for a therapist, you'll want to see if they have one of three board certifications from the [Behavior Analyst Certification Board](#) (BACB). The highest level (Board Certified Behavior Analyst® or BCBA®) requires a master's degree and is typically found at the supervisor level. Look into accredited ABA therapy providers to understand their approach and the services they offer. You'll want to understand licensure, staffing models (for example, how do the therapists interact with a supervisor and each other), how they communicate with and involve families. And don't be afraid to ask questions in person; this is an incredibly important decision, and reviewing the website and the online reviews won't provide enough information.
- 3. Consider a Test Run:** Many providers offer initial consultations or assessments, which can help determine if the therapist or practice is a good fit, as well as if ABA (or IBI) is the most helpful therapy.

Questions to Ask

- What methods are used?
- How is progress tracked?
- What are the qualifications of the therapist providing the therapy, as well as the supervisor?
- What does a typical day look like?
- How will the clinic communicate with the family?
With the school?
- How do we integrate therapy at the clinic with life outside the clinic?



Franklin
THERAPY

Franklin Therapy has its own training department and a full-time training manager. One-on-one therapists are licensed registered behavior therapists who receive additional intensive instruction through structured modules and hands-on training. After that in-depth training, they continue to collaborate with colleagues and work with a supervisor.

"The Franklin way is different, both how we interact with and support each other, and how we tailor our therapy to each student," said Lizzy Freese, BCBA, Associate Director of Therapy Services at Franklin Therapy. "When it comes to therapists, we welcome a wide variety of backgrounds and help them move forward in the profession."

If you have questions about Franklin Therapy or IBI, [please reach out](#). While we currently have a waitlist, we might be able to suggest other resources.