



ABA Therapy: Family Guide and Frequently Asked Questions



Information Courtesy of Pine Cone Therapies

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This guide was created by the team at Pine Cone Therapies. More importantly, it was created by individuals with family or other personal ties to children with Autism Spectrum Disorder.

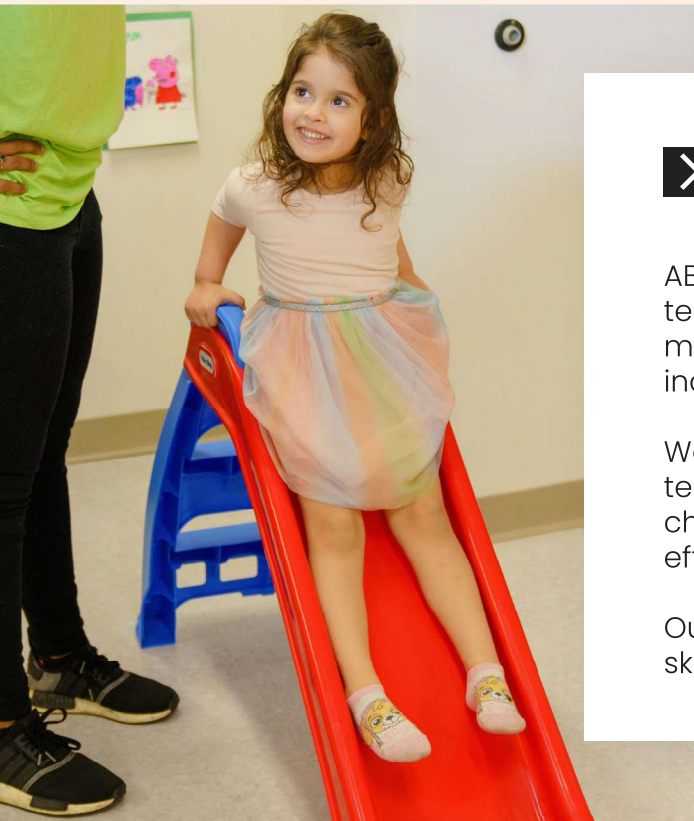
our highest goal is for our families is to feel comfortable entrusting us with your child's care, and knowledgeable about how we personalize ABA therapy for each child's needs. We're here to provide care that will impact the entire trajectory of your child's life!

➤ How is my child evaluated for ABA?

An ABA evaluation should be comprehensive in gathering information about your child in different environments. The intake process at Pine Cone Therapies includes interviewing the family, testing and observing your child in the therapy center setting, and observing your child at home.

The home observation is crucial to understanding your child's skillset, making sure we are translating their strengths to our therapeutic environment, and creating the best teaching plan for the skills they will need to be successful in the world.

TIP: *If you are evaluating other options, make sure to ask whether the evaluation occurs in more than just the therapy center environment.*



➤ What does ABA therapy entail, and what will sessions look like?

ABA therapy uses the concept of reinforcement to teach skills needed to be independent and build and maintain social relationships. Reinforcement can include social praise or access to rewards!

We also teach skills using this same reinforcement technique to replace behaviors that may impede the child's ability to learn, make friends, or communicate effectively.

Our ABA therapy is highly customized to your child's skillset, goals, and clinical recommendations.



> Who will oversee my child's care?

Your child's care will be overseen by a Board Certified Behavior Analyst (BCBA) who supervises our Behavior Therapists' ongoing care and execution of your child's treatment plan.

While your child works directly with a Behavior Therapist, **Pine Cone Therapies targets up to 20% of your child's care to be directly monitored by a BCBA** (which is the current maximum supervision time authorized by insurance).

TIP: Supervision percentages matter! If you are evaluating other options, make sure to ask how much BCBA supervision is provided on an ongoing basis.

> What are the credentials of my child's clinical team, and how much training do they have?

Your child's therapy plan is created by a **Board Certified Behavior Analyst**, who has a Master's degree in ABA, over 2,000 hours of field experience, and has passed the rigorous Board exam in order to practice as a Behavior Analyst in the field of ABA. **Finally, direct treatment is provided by Behavior Therapists** who are either already credentialed or in the process of becoming Registered Behavior Therapists.

> How do you determine the number of treatment hours that my child needs?

Treatment hours might differ for each child, and are determined on an individualized basis. After the intake and assessments are performed, we weigh the priorities of the family, the availability of the child given other therapeutic services they may be receiving, and the level of support needed to facilitate the best outcomes.

TIP: If you are evaluating other options, ask whether they schedule therapy in predefined blocks that may differ from your child's unique needs or clinical recommendations.





➤ **How do you communicate with my child's pediatrician and teachers?**

ABA is more than just what happens during a session with us, and we feel strongly that success increases when everyone in the child's immediate care circle is up-to-date on progress and goals.

With your consent, we'll send regular progress summaries and reports to your Primary Care Physician and diagnosing Physician on file.

We will also facilitate opportunities to observe your child in the classroom and collaborate on classroom and IEP goals to ensure progress is being made in all learning and living environments.

➤ **How do you make sure my child is safe, and is having fun during therapy?**

All of our services are provided on a 1:1 basis, and your child is never left unattended. Your child is supervised throughout all therapy sessions, ensuring their complete safety.

In addition to direct instruction, we focus on an integrated, Naturalistic Environment Teaching (NET) which reinforces the concept of learning through play. Therefore, playing is at the core of our therapies, and our centers are equipped with a wide range of toys and equipment used in therapeutic play to make learning fun and to cater to each individual child's preferences.

➤ **How often are parents involved in treatment and how is my child's progress documented?**

As the family, you are an active participant in your child's goal-setting and reviewing of progress. Each treatment plan also includes specific goals for parents in order to help the therapeutic team transfer the skills being learned in session to everyday life and capitalize on all learning opportunities when outside of therapy.

All of our treatment plans have terminal goals that are reported every 6 months and discussed every 3 months directly with the family, to ensure we are always moving towards fading the level of support needed and increasing daily independence.

TIP: *When researching other options, ask how often parents are provided meetings and training opportunities with your child's BCBA.*



If you'd like to get to know Pine Cone Therapies, feel free to give us a call to discuss your needs or schedule a tour! We love showing off our amazing facilities and introducing our talented team of therapists.

WE ARE IN-NETWORK WITH

AETNA • BLUE CROSS BLUE SHIELD • EVERNORTH (FORMERLY CIGNA)
MAGELLAN HEALTHCARE • TRICARE • UNITED HEALTHCARE/OPTUM
PRIVATE PAY AVAILABLE

OUR LOCATIONS

SOUTHLAKE: 2104 GREENBRIAR DR, SOUTHLAKE, TX 76092 | 817.442.9022
KELLER: 773 BANDIT TRAIL, KELLER, TX 76248 | 817.442.9022
MISSOURI CITY: | 346.368.4412

Questions? Give us a call! We're here to walk you through every step of the process.

Contact your preferred facility by phone or email info@pineconetherapies.com to get your child started with ABA therapy.



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At Pine Cone Therapies, providing client-centered and compassionate care is at the root of all we do.

Our treatment teams are dedicated to supporting the unique developmental needs of neurodiverse children and their families.

We use evidence-based, culturally competent, and custom-tailored therapeutic strategies to enable meaningful and lifelong improvements in a child's quality of life.



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