

Accepting the Spectrum

September 2025

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COLLABORATIVE
ABA SERVICES, LLC

ABA Mythbusters: Clearing up Common Misconceptions

Hello Autumn! As the air turns crisp and the leaves begin to change, it's the perfect season to shed old myths about ABA therapy. We'd like to "rake away" some of the most common misconceptions of ABA. Together, we can spread accurate information to keep our community thriving. Keep reading to learn more about upcoming events and for Lisa, the Autism Mom's blog!



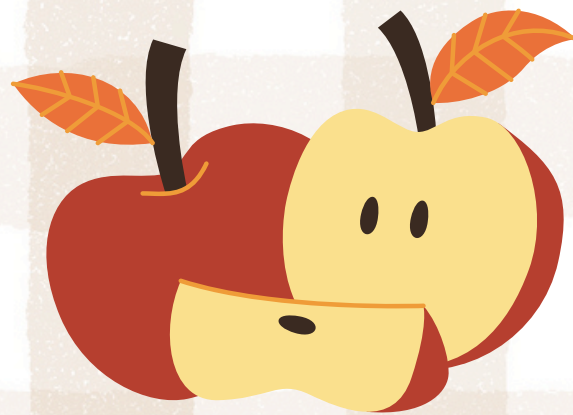
Myth #1: ABA is only for young children.

While ABA is often introduced early, its strategies benefit people of all ages- from toddlers building communication skills to teens and adults working on independence and vocational goals.



Myth #2: ABA means hours of sitting at a table.

Modern ABA is dynamic, individualized, and done as naturalistically as possible. Sessions take place where skill acquisition is most meaningful, and intervention often takes place in the person's everyday routines and/or play.



Myth #3: ABA is a one-size-fits-all approach.

ABA is a science of learning, not a single program. Interventions are tailored to each individual's strengths, preferences, and goals, always focusing on dignity and increasing quality of life in as many areas as possible.

Agency News

Don't forget to check out the Collaborative store - fashion that connects. "Step into the Spectrum" with our new line of merchandise!



[Click Here](#)

Join us for Middletown Recreation's Downtown Trick or Treat!

Saturday, October 18, 2025

11:00am - 2:00pm

Rain or Shine!

middletownct.gov/recreation

Call 860-638-4500 for more info!



Check out our social media!

Collaborative ABA Services, LLC is on social media!

Follow us online for relatable content, resources, more agency news, and details about upcoming events! Please click the icons below to access each of our pages.



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Lisa's Coaching Center

Rethinking Autism Behaviors: There's Always a Reason

When it comes to autism behaviors—there is always a reason. A few weeks ago, Rachael came to our group coaching call feeling uneasy.

Her son Leo had begun holding his hands out in front of him, palms up—like a surgeon about to scrub in. He was not in distress, but he was not budging on his palms up mandate.

On the call, Rachael vacillated between concern (*What is the reason for this behavior? Is this an autism behavior?*) and catastrophizing (*What if he stops washing his hands or refuses to brush his teeth?*)

This is where so many of us live.

Click the following link to keep reading!

<https://theautismmomcoach.com/autism-behaviors-theres-always-a-reason/>



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