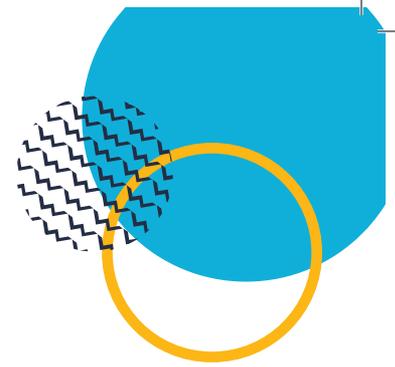


# Treatment Options and Interventions for Individuals With Autism Spectrum Disorder



## Applied Behavior Analysis (ABA)

- A structured approach focusing on harmful or negative behavior reduction and skill development
- Uses behavioral techniques to teach and reinforce desired behaviors and reduce challenging behaviors

## Speech Therapy

- Helps individuals improve communication skills like speech, language comprehension and social communication
- Targets specific challenges like articulation, pragmatics (social use of language) and understanding nonverbal cues

## Occupational Therapy (OT)

- Focuses on enhancing daily living skills, fine motor skills, sensory integration and self-regulation
- Addresses challenges with coordination, sensory processing differences and adaptive behaviors

## Physical Therapy (PT)

- Focuses primarily on improving physical skills
- Target better coordination, spatial awareness, improve gross motor skills and improve muscle tone

## Music Therapy

- Uses music-based activities and techniques to address social, emotional, cognitive and communication goals
- Can improve self-expression, social interaction and sensory processing

## Developmental Therapies

- These may include therapies that focus on developmental milestones and skills
- These approaches emphasize play-based interactions and building foundational skills



## For More Information

Consult with health care providers and specialists to discuss which interventions may be appropriate for your child.

 [www.Chickasaw.net/CNPC](http://www.Chickasaw.net/CNPC)

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**Pediatric Collaborative**

*the Chickasaw Nation*

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