

Love Makes the Difference



A Personal Account of the Role of Love in Therapy



Loving You

As a parent it is important that you create a loving relationship with your child. When your child loves you he/she is more likely to comply with your commands. Likewise, a child who feels unloved is more likely to refute your directives. Thus, it is the love that makes the discipline possible.

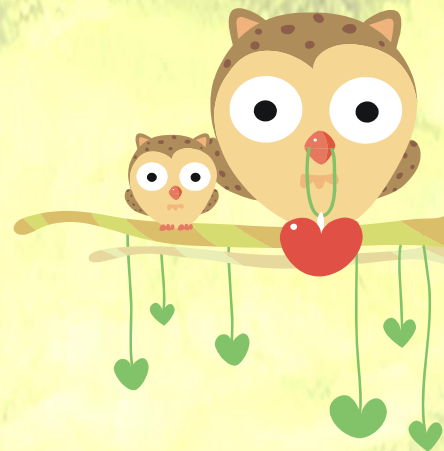
Techniques such as the ignoring of negative behaviors and time-out requires that a child must be in an attentive and socially enriched environment. A child cannot be placed on time-out if their current environment is unhappy. The environment must be joyful. Parents utilizing ABA therapy understand this concept.

one of the most frequent questions that people ask is “how do you view love and emotions in the role of parenting”? As a Behavior Analyst I depend on love to make my programs effective. When working with a new client, I must first explore the things that they love. Knowing what the child loves gives me tools to use as motivators during therapy.

Secondly, as a therapist I must build a friendly relationship between myself and my client. This positive relationship makes it possible for the child to view our therapeutic time as fun and will increase the likelihood that the child accepts the therapeutic interventions. It is impossible for ABA therapy to work if the relationship between the child and the therapist is hostile.

Thirdly, as an ABA therapist, I must create a loving and fun filled environment where a child feels motivated and ready to learn. Of course, children may not enjoy participating in every skill that is taught. However, my goal, as the therapist, is to have the fun outweigh the not-so-fun.

Last, but not least, ABA therapists work hard. Therapists will persevere in the face of adversity. I can't tell you how many times, after being kicked or head butted, parents have said to me “so you are not coming back”. I usually reply “what happened here today tells to me that I need to return”.



Understanding the importance of rich environments, behavior analysts strive to create an atmosphere where children feel loved, secure, appreciated and happy.

Parents who Use Behavioral Techniques are Super Loving

Written by Beverly Dabrio, MA, BCBA