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ABA Therapy Violates Human Rights of Autistic Children

Nonverbal autism is a severe mental disability.[1] Nonverbal children have no biological way of emotionally connecting with other people. They are capable of only two states of mind. They are either content, or they are mentally troubled. Their brain is either peaceful, or it is under attack.

There are 59,976 Applied Behavior Analysis (ABA) therapists in the U.S. who purport to treat autism.[2] This is an impossibility. You cannot fix that which is not broken. Therapy cannot alter genetics. The autistic brain works in a precise way that cannot be altered. **ABA violates the human rights of children who are born mentally disabled.**

ABA is an intensive program that attempts to improve social skills by increasing desirable behaviors and decreasing problem behaviors. **Autism is a neurological disorder for which psychology is counterproductive.** ABA is oblivious to the cause of autistic behaviors, all of which are a neurological cry for help. Nonverbal children cannot communicate that what they are being forced to do is impossible and painful. ABA therapy rewards autistic children to hide their pain and distress.[3]

ABA is mental cruelty. There is a vocal community of adults with autism (many of whom had ABA as children) who say that ABA damages mental health and treats them as if they are a problem to be fixed. There is a higher incidence of PTSD in autistic children who are exposed to ABA.[4] After repeated cycles in the classroom, autistic children develop PTSD because the program focuses on behavior and compliance, and not what the children are communicating with their behavior.[5]

ABA is based on the cruel premise of trying to make autistic people “normal”. Its message is that autistic ways of doing things are wrong and need to be corrected, and that the autistic child is broken and must be molded to be more palatable to non-autistic people. This malicious concept is destructive of the child’s identity and self-worth.[6]

ABA teaches autistic people that their needs are less important than pleasing other people. This makes autistic children overly compliant and vulnerable to manipulation and abuse. These children need to be taught how to express and get their needs met, not to be taught that their needs are less valid than the needs of people around them.

References

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