



# Seeking safe, effective interventions?

## Learn what therapies are evidence-based.

**What are evidence-based practices?** Evidence-based practices are interventions supported by peer-reviewed, scientific research showing they are effective.

### EVIDENCE-BASED THERAPIES

- Applied Behavior Analysis (ABA)
- Backward and Forward Chaining
- Direct Instruction
- Discrete Trial Instruction
- Functional Behavior Assessment
- Functional Communication Training
- Joint Attention Intervention
- Modeling and Video Modeling
- Picture Exchange Communication System (PECS)
- Precision Teaching/Fluency-Based Instruction
- Reinforcement Schedules and Systems
- Scripting/Script Fading Procedures
- Social Skills Training with Peers
- Story-Based Intervention
- Verbal Behavior/Applied Verbal Behavior



### EMERGING; RESEARCH IN PROGRESS OR MORE STUDIES NEEDED

- Animal Therapies (therapy dogs, therapeutic riding)
- Art Therapy
- Developmental Therapies (DIR/ floortime, RDI, SCERTS, ESDM, RPMT)
- Massage Therapy
- Music Therapy
- Neurofeedback/Neurotherapy
- Oral Motor Therapy/Training
- Pivotal Response Treatment
- Project TEACCH
- Vitamin Supplements



### PROVEN TO BE INEFFECTIVE OR DANGEROUS

- Chelation
- Craniosacral Therapy
- Dietary Changes
- Hyperbaric Oxygen
- Ozone Therapy
- Psychoanalysis
- Rapid Prompting Method



**NEED GUIDANCE?** Milestones can help you make the right choices.

Call the free autism Helpdesk at 216.464.7600 ext. 200 or complete an intake form at [milestones.org](https://www.milestones.org).

(List derived from [autismnj.org](https://www.autismnj.org). To view a comprehensive list of methodologies, visit [www.autismnj.org/understanding-autism/treatment](https://www.autismnj.org/understanding-autism/treatment). For more information about evidence-based practices, visit [www.nationalautismcenter.org/national-standards-project](https://www.nationalautismcenter.org/national-standards-project).)