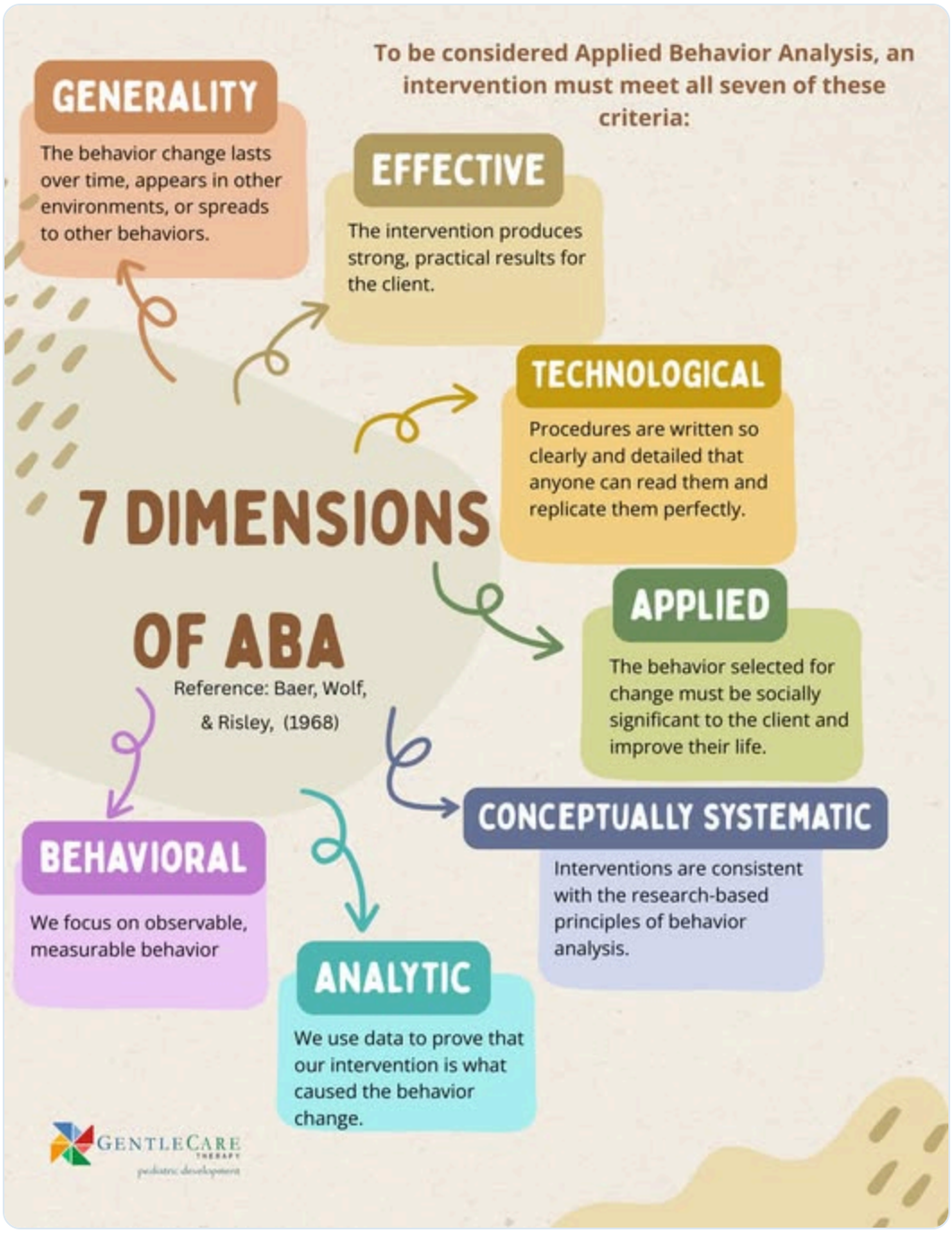
The 7 Dimensions of ABA Therapy: A Guide for Parents



Applied Behavior Analysis (ABA) is a science-based approach that helps children build skills that matter in everyday life. In 1968, researchers Donald Baer, Montrose Wolf, and Todd Risley described seven dimensions that every ABA program should meet. Knowing them can help you recognize quality care and ask good questions when choosing a provider.

What Makes Therapy Truly ABA?

To be considered Applied Behavior Analysis, an intervention must meet all seven of these criteria:

Generality

The behavior change lasts over time, appears in other environments, or spreads to other behaviors.

Effective

The intervention produces strong, practical results for the client.

Technological

Procedures are written so clearly and detailed that anyone can read them and replicate them perfectly.

Applied

The behavior selected for change must be socially significant to the client and improve their life.

Conceptually Systematic

Interventions are consistent with the research-based principles of behavior analysis.

Analytic

We use data to prove that our intervention is what caused the behavior change.

Behavioral

We focus on observable, measurable behavior.

Reference: Baer, D. M., Wolf, M. M., & Risley, T. R. (1968). Some current dimensions of applied behavior analysis. *Journal of Applied Behavior Analysis, 1*(1), 91–97.

How GentleCare Applies It

At GentleCare, your child's BCBA builds all seven dimensions into the treatment plan. Goals are chosen with your family and focus on skills that make a real difference in daily life. Programs are written clearly so every team member can follow them the same way, and our therapists collect data each session so the BCBA can see what is working and adjust. Caregiver training helps new skills carry over to home, school, and the community.

Questions to Ask a Provider

- How do you choose my child's goals, and how is my family involved?
- How do you measure progress, and how will you share it with me?
- How do you help skills carry over to home, school, and the community?

- Who supervises my child’s therapist?

Frequently Asked Questions

What are the 7 dimensions of ABA?

Applied, Behavioral, Analytic, Technological, Conceptually Systematic, Effective, and Generality, first described by Baer, Wolf, and Risley in 1968.

Why do they matter for my child?

They help make sure therapy targets meaningful goals, is measured with real data, and leads to skills that last and carry over to everyday life.

Does GentleCare follow the 7 dimensions?

Yes. Your child’s BCBA builds them into every treatment plan, from choosing goals with your family to reviewing session data and coaching caregivers.

Helpful links: Our ABA therapy services · Insurance and enrollment · Handout: The Science of ABA · Handout: We Are on Your Team

> Looking for ABA therapy in Gibbsboro or anywhere in Camden County and South Jersey? Contact GentleCare Therapy to schedule an intake and learn how our BCBAs build every program around these seven dimensions.
>
> **Call (856) 484-5535** or visit gentlecaretherapy.com/contact-us

This handout is general education and does not replace advice from your child’s care team.